

JAMES
MARTIN

1 MARCH 2016 ISSUE 8

'DON'T
CALL ME A
HEART-THROB!'

best

WHY
DAWN'S
TURNING
TO COMFORT
FOOD



DROP A
STONE
FAST
ON THE
BERRY
BOOST
PLAN



Was little
Lily saved
by an
angel?



MY PERFECT
LIFE WAS
A LIE

● 'A controlling man
destroys your
confidence'

● 'I hid my
depression'



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best Contents

EVERY TUESDAY 23.02.16



The cost of life

As we added the final touches to this week's magazine, news filtered through that half a million of you have signed a petition calling for all children in

the UK to be given a meningitis vaccine on the NHS, following the death of two-year-old Faye Burdett. And no wonder. Those horrifying pictures of Faye losing her 11-day battle with meningitis B shocked the world and sparked a national debate. Although the vaccine is now available for babies, those born before May 2015 aren't eligible. And even if you could afford the hundreds it would cost to go private, the vaccine is in low supply and waiting lists are long. Faye's mum, Jenny, explains her courageous decision to make their terrible ordeal public, saying, 'We campaign for change in her memory.' The NHS may be woefully under-resourced – but does that really justify the comparatively low cost of safeguarding every child against this killer disease?

Jenny Vereker, Executive Editor



Coleen shares her view on the debate



Faye's story touched the nation's heart



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THE news edit



1 ALAN'S ANTIQUES

DAYTIME FAVOURITE ALAN IS BACK with a new high-end antiques games show and says the value of some items will make your eyes water! 'I'm not slating *Cash in The Attic* or *Bargain Hunt*, but some of our antiques attracted six-figure sums!' says Alan.

He famously quit his show to 'get a quieter life', but has he managed it? 'I think so! I don't work Fridays and weekends, and I try to take a week off every month. I'll never stop working, because I can always write when I'm too crumbly for the screen!' You're certainly not yet, Alan!

• **Masterpiece with Alan Titchmarsh** is on ITV, weekdays at 3pm

2

AFTER HER DISCOVERY IN

1966, original supermodel and fashion icon Twiggy is celebrating her 50th year in the fashion industry and another designer collaboration with high street fave M&S. Available online from 25 February, the collection focuses on Twiggy's signature style and influences from her own wardrobe.

Jumper, £39.50
Trousers, £35



TWIGGY'S BIG FASHIONABLE BIRTHDAY!



Model
Madeline
hopes to
create
awareness,
acceptance
and inclusion



3

ALL EYES ON MADELINE

THERE WAS A NEW STAR ON THE CATWALK AT NEW YORK FASHION WEEK – an 18-year-old model who wowed the audience in a luxurious embroidered gown. All eyes were on Madeline Stuart, who has Down's syndrome. It was Madeline's second high-profile modelling job, and she was feeling more confident than ever after losing three stone.

'I hope through modelling I can change society's view of people with disabilities, creating awareness, acceptance and inclusion,' the Australian-born teenager wrote on her website. And no one was more proud than her mum, Rosanne, who said it was 'amazing' and she hoped that the use of more diverse models would become 'the norm'.

I'M STILL HERE THANKS TO THE NHS

4

LIKEABLE TALK
SHOW HOST
PAUL O'GRADY, 60,
might not be here if it
wasn't for Britain's

NHS – so it's no surprise he's an outspoken supporter, telling *Best* last week, 'The NHS is going down the tubes, but we have to do everything we can to stop that happening, it's too important.' The Birkenhead comedian, who once confessed he worried he 'wouldn't make 60', has had two serious heart attacks in the past. He added, 'When I was ill, it was the incredible NHS staff who saved my life.'



Paul is
a huge
supporter
of the
NHS

5

JOAN WOWS IN BENIDORM!

ITV WELL AND TRULY SAVED THE BEST 'TIL LAST with the fabulous Joan Collins reprising her role as super b**** hotel chief, Crystal Hennessy-Vass, in the series finale on Monday. The 82-year-old stepped in to save the day at The Pride of Benidorm Awards when disaster struck the big closing music act. Joan was reportedly encouraged to join the cast by her late sister, Jackie, who was a huge fan and would take boxsets round to Joan's.



THE news edit



Will the show get the royal seal of approval?

6 HARRY ENFIELD GOES ROYAL

6

Harry is set to play Prince Charles

FUNNYMAN HARRY IS SET TO PLAY THE ONE AND ONLY PRINCE CHARLES IN CHANNEL 4'S NEW COMEDY SOAP OPERA, *THE WINDSORS*.

The show, set to air this spring, is described as a 'ludicrous parody' and a 'wry take on what the soap opera of the Royal lives (and loves) might be like.' The show's producer, Robert Wulff-Cochrane, says, 'It's going to be a joyous weekly peek behind the curtains of Britain's most famous family.' Fingers crossed Prince Charles likes it!



Leo picks up BAFTA award for Best Actor

7 STAR OF THE SHOW

ADD A BURST OF FRAGRANCE TO YOUR BATHROOM WITH MOLTON BROWN'S LENGTHILY NAMED BUT GORGEOUS-SMELLING DEWY LILY OF THE VALLEY AND STAR ANISE RANGE.

Inspired by the pure scent of a bridal bouquet, the collection celebrates seasonal notes of lily of the valley and magnolia.

We're hooked on the bath & shower gel, £18, and the heavenly hand cream, which is a beauty bargain at £10.



LET'S HEAR IT FOR THE BAFTA MAMMAS!

BEST GOT A BACKSTAGE PASS TO LAST WEEK'S BAFTAs, WHERE A NUMBER OF STARS PAID TRIBUTE TO THEIR MUMS, INCLUDING LEONARDO DICAPRIO – who may have taken a shine to TV presenter Laura Whitmore, but whose BAFTA win was all about his mum, who confessed Leo would 'always be a mummy's boy'.

Picking up Best Actor for *The Revenant*, Leo, 41, dedicated the win to Irmelin, 73, whose birthday it was, saying, 'I didn't grow up in a life of privilege. I grew up in a tough neighbourhood in east Los Angeles and this woman drove me three hours every day to a different school to make sure I had a different opportunity.'

Also paying tribute to her mother was a glamorous Julie Walters, 65, whose film *Brooklyn* won Outstanding British Film.

Julie said she was drawn to the film, about an Irish girl who emigrates to America in the Fifties, because 'it's my mother's story. How could I not want to be involved?'



Leo with his mum at the Oscars in 2014



Julie Walters plays grumpy Mrs Kehoe in *Brooklyn*

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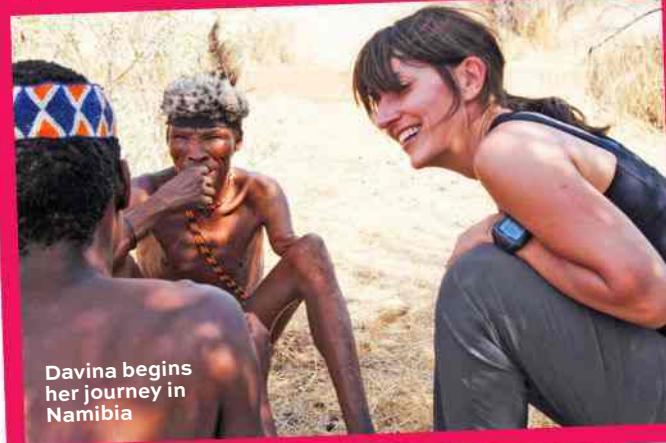
ARE YOU BEING SERVED? RETURNS

THE HIT BRITISH SITCOM LAST AIRED IN 1985 AND STARRED THE LIKES OF WENDY RICHARD AND MOLLIE SUGDEN, but it is due to make a comeback at the end of the year as part of the BBC's 'Landmark Comedy' season. The reboot might be bittersweet for fans of the show, though, as it promises a new 'all-star cast' (no names revealed as yet). Filming begins on 5 March, with a live studio audience, and the nostalgia continues with the rumoured returns of *Keeping up Appearances* and *The Good Life*.



The cast of the much-loved original show

WORDS: HARRIET NOTTON, MILLIE GOOCH & SHELLEY MARSDEN PICTURES, GETTY, ITV, REX



Davina begins her journey in Namibia



Temperatures can reach 50°C

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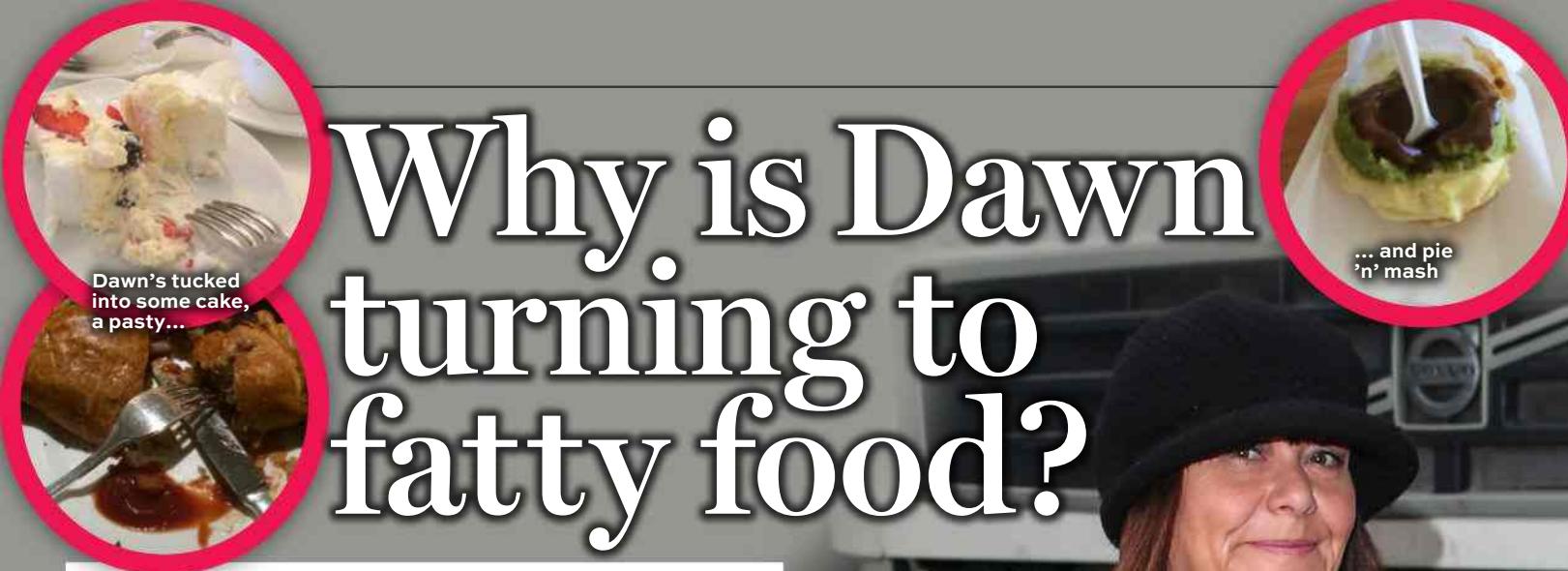
DAVINA'S EXTREME NEW CHALLENGE

IF YOU THOUGHT THE JUMP WAS DANGEROUS, THINK AGAIN. DAVINA McCALL'S NEW SERIES TRULY PUSHES HER TO THE LIMIT AS SHE TRAVELS TO THE HOTTEST, COLDEST, DEEPEST AND WETTEST PLACES ON EARTH. Among her adventures, the 48-year-old will run in the scorching sun, where cheetahs hunt, sample how polar bears cope in -30°C with 100mph winds, and free-dive alongside a whale that can sustain one breath of air for 90 minutes by lowering its heart rate to only three beats per minute. You're braver than us, Davina!

● *Davina McCall: Life at the Extreme* starts Monday, 9pm, ITV.

BRITAIN. BUILT ON TEA since 1837





Why is Dawn turning to fatty food?

Midway through a three-month tour of Australia and New Zealand, is Dawn French being pushed into bad habits?

Touring her new show, *Thirty Million Minutes*, comedian Dawn French has publicly documented her difficulties acclimatising to the Aussie time zone.

She told her many Twitter followers that she'd 'turned to biscuits' to battle jet lag.

But, with her sleeping patterns seemingly back to normal, it would appear that the 58-year-old, formerly known as 'roly-poly' Dawn, is still indulging in comfort food while hotel-hopping. It's not the ideal set-up for a woman who struggles to maintain her weight.

Australian chat show *The Project* provided her with her all-time favourite snack, the humble Cornish pasty, during an interview.

More recently, Dawn sat down to Australia's version of a classic Brit dish. 'This is apparently what you do when in Newcastle, Oz; Pie 'n' mash. Happy to oblige,' she tweeted, posting a pic.

We know that Dawn's weight tends to fluctuate. After all, she hit an all-time high of almost 20st after she split from husband Lenny Henry in 2010.

But, less than two years later, in February 2012, she'd

dropped a staggering 7½st.

'I'd become far too big,' she admitted. 'What tipped me over into losing weight were health considerations.'

After a cancer scare, Dawn decided on a hysterectomy. Losing weight meant she could opt for keyhole surgery.

And how did she manage to shed the weight? 'No magic wand, just tiny, joyless, low-cal eating... it was grim,' she revealed.

But *The Vicar of Dibley* star has let that rule slip of late. Just before jetting down under, Dawn went on a cake binge in her Cornwall home - a meringue pie, followed by cheesecake.

'Must I? Really? Cheesecake? OK then, if you insist,' she tweeted, followed by, '40 seconds flat. Didn't touch the sides.'

Maybe she's simply keeping her fans onside. In the past, Dawn has been accused of 'betraying the fat club' with the dieting. Or maybe she's genuinely struggling?

We all know how hard it can be to stick to a diet when travelling abroad, but we're urging Dawn to stay strong, as she's surely in the best shape of her life...

'Whatever age or size I've been, I've rather liked myself'



Cowell Confidential

In an emotional interview – **Denise Welch** opens up to **Tony Cowell** about her battle with depression, staying sober, and the inspiration for her new novel.

Four years ago, the name Denise Welch conjured up the image of an actress and *Loose Women* presenter whose life was in turmoil – drinking, flashing her breasts, having an affair and admitting on live TV that her 24-year marriage to actor Tim Healy was over.

'I know what it's like to live a life that looks like it's perfect when it's not,' she admitted. 'There were times when I looked like I was living a dream and I was in a deep depression.'

Today, she's a very different person. Happily remarried, no longer drinking, Denise has used her past to write her first novel, *If They Could See Me Now*. It's not autobiographical, but Denise admits she has written what

she knows...

'I know men. I know what it's like to be with a controlling man and how that can diminish you and chip away your confidence.' Here she opens up about the book and life sober...

Tell me about the new novel and why you wrote it?

As an actor I have to be pretty astute at observation. I was at a certain age and I noticed the dynamic in people's relationships changed as they got older, when their children grow up and leave and the parents are left with an empty shell. It's about a woman who finds herself thinking, 'Is this how my life's meant to be?'

So is it a little autobiographical?

Not really, but I was once in

I know how to destroy you

a controlling relationship so I know what that feels like. There are a lot of issues in the book, like cosmetic surgery and domestic abuse, so it helps that I have been around the block a bit. But my main character, Harper Clarke, isn't me.

You've admitted cosmetic surgery in the past – would you have more?

I had my eyes done, but that was a treat for my 50th, against everybody's advice, and it was the best thing I ever did. It made me look better. I've never really fancied having anything else done. I might if I felt something was upsetting me. I have no fear of looking older, I'm in a happy place right now.

You gave up drinking four years ago – do you feel better for it?

I feel absolutely fantastic for it. My husband (Lincoln) and I did it together, so it was easier. We had to, to save our relationship. I now find myself looking at other couples thinking, if you took

away the drinking they would have a chance of making a go of things.

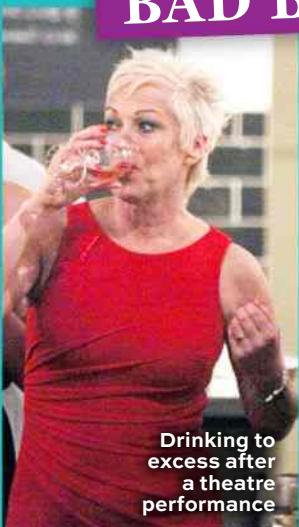
Do you fear falling off the wagon?

Of course it's hard. My husband once said to me, 'Can't we just have ONE glass of wine?' I just laughed and said to him there is no point having ONE glass of wine, there is no point having ONE cake, because I know what would

I was living the dream but in a deep depression



On the lash with Andrea McLean, her fellow *Loose Women* presenter



Drinking to excess after a theatre performance



Looking a little dishevelled after a big night



Partying with *Loose Women's* Sherrie Hewson and Amanda Barrie



Baring all in her raucous drinking days

BAD BEHAVIOUR

How controlling men can boost your confidence

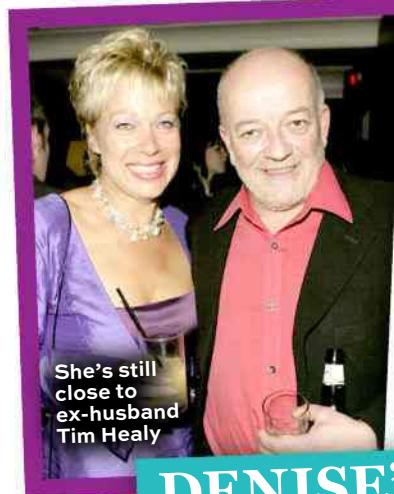
happen. I'd rather have none.

You appear very happy together – have you changed since meeting him?

Completely. My morals and values were being eroded because of my drinking. I was self-medicating when I met Lincoln. We met in the madness, and it could have been a match made in hell. But now our life is very sober, very quiet. So yes, we have both changed and I feel very different. I would never go back to my wild and crazy days.

Are you enjoying life in your 50s – or do you worry about age?

I don't worry. I feel so much



She's still close to ex-husband Tim Healy



Now loved up with Lincoln Townley

DENISE'S GREAT LOVES

stronger mentally and physically at 57 than I did in my 30s and 40s. I was dealing with clinical depression when I had my son, Matthew. I still have it, I live with it and it can rear its head at any time. But now I'm in a happy relationship, so I don't have to worry about age. My husband and I are living in sunshine.

When can we expect to see you back on TV?

I am currently filming the second series of (the transgender comedy) *Boy Meets Girl* and I'm really enjoying it.

Do you plan to write another novel?

Absolutely – I have already started the second book.

● **If They Could See Me Now** – by Denise Welch is published by Sphere. *Boy Meets Girl* returns in September on BBC2

As Hollywood's beautiful things prepare to gather in LA for the 88th Academy Awards, we reveal one of the event's lesser-known details...

Forget the Oscar...

It's all about the goody bag!

If we were sitting at the top table at the most glamorous film event of the year, we'd feel pretty special – but not as special as if we were gifted a jaw-dropping goody bag, like that to be given to Best Actor, Best Actress and Best Director nominees.

You see, we're not talking a few fancy chocolates and some posh make-up. No, the contents of each lavish party bag, for each of this year's nominees, are worth a staggering £130,000!

Although the goody bags are not officially associated with the organisers of the Oscars (the Academy doesn't give them out any more), this year's unique treats – assembled by marketing firm Distinctive Assets – include a two-week walking trip in Japan, worth £31,000; a first-class 10-day trip to Israel; and, at the less glamorous end of the spectrum, a six-pack of luxury Swiss loo roll, worth £200.

For anyone wanting a quick nip and tuck, there's cosmetic surgery worth £1,900, while high-end

personal training sessions await those who want to get trim the hard way.

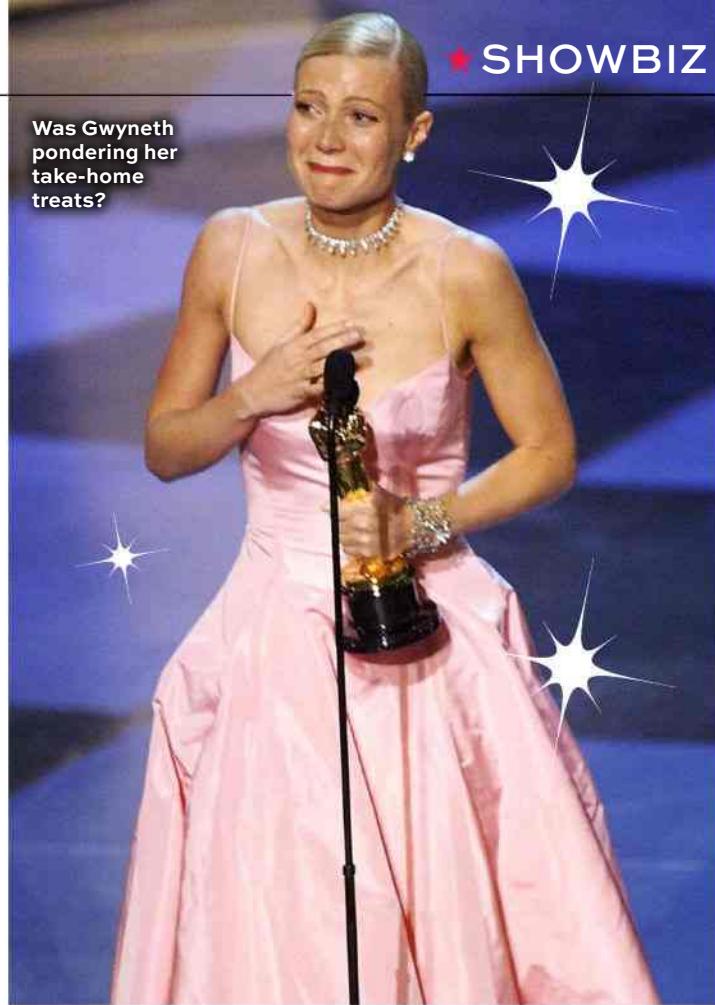
Included, too, is a free 'Vampire Breast Lift' – a procedure using a patient's own blood to achieve the effect of 'rounder' breasts. We're told it's currently all the rage in Hollywood.

Staying on the beauty theme, there's also a tightening facial – perfect, we can only imagine, for sorting out that exhausted 'day after the Oscars after-party look', as well as a lifetime supply of a specific skincare brand.

Add to that some £40k worth of luxury car rentals, an e-cig vaporizer, and an 'adult toy' for the ladies, and you start to get the idea.

Although the majority of nominees have more money than they know what to do with anyway, the girls who'll take home the treats include Cate Blanchett (*Carol*), Brie Larson (*Room*), Jennifer Lawrence (*Joy*), Charlotte Rampling (*45 Years*) and Saoirse Ronan (*Brooklyn*), while the lucky men include Bryan Cranston (*Trumbo*), Matt

Was Gwyneth pondering her take-home treats?



WORDS: SHELLY MARDEN PICTURES/AFP/GETTY, BIGSTOCK, GETTY, STARTRAKS PHOTO/REX SHUTTERSTOCK, WIREIMAGE

Damon (*The Martian*), Leonardo DiCaprio (*The Revenant*), Michael Fassbender (*Steve Jobs*) and Eddie Redmayne (*The Danish Girl*).

So, if your favourite star misses out on a golden statuette on the big night,

they can always console themselves with the likes of a five-star trip to Sorrento, Italy... oh, and some personalised M&Ms.

It's bonkers, isn't it? Just like Hollywood.

OSCARS: DID YOU KNOW?

THE WRONG WINNER

The votes are tallied by accountancy firm PwC, whose partners memorise the winners in all 24 categories. If the wrong person is announced as the winner, they're authorised to go on stage and stop the show.

FAKE STATUETTES

During rehearsals, all the celebs practise their lines and use dummy Oscars made of plaster, whose casts are broken before they're thrown

away, to stop anyone trying to mould their own Oscar!

WINNERS WHO'VE LOST THEIRS

Colin Firth was rumoured to have misplaced his statuette for *The King's Speech* (2011) after one too many cocktails. It was later said to have been found in the bathroom (although he has denied this). Others who've mislaid theirs include Matt Damon and Angelina Jolie.

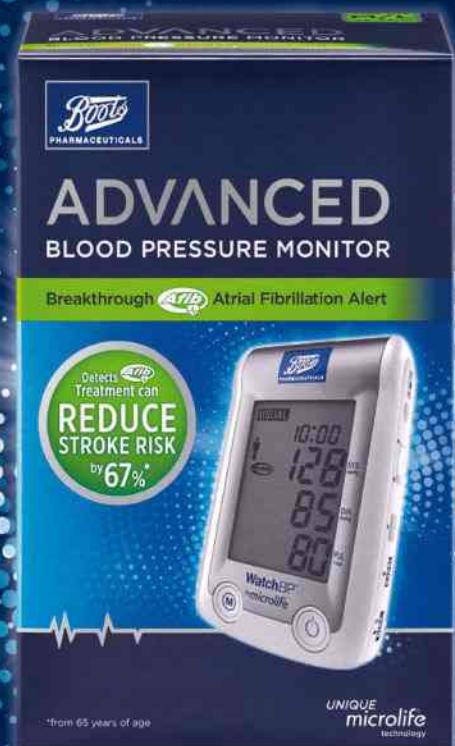


These fellas are like gold dust



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Treatment can reduce stroke risk by 67%*



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*From 65 years of age.

Elton's extended an olive branch to mum Sheila



Family means everything to Elton

With a list of famous spats longer than one of his feather boas, Elton John isn't one to shy away from a row. But following a reconciliation with his mum last month, Elton has confirmed that he and Sheila Farebrother are 'back in touch' ever since he broke the ice by sending her a large bouquet of white orchids to mark her 90th birthday.

The star, who is reportedly

worth £235 million, also shelled out £30,000 for Sheila to undergo a double hip replacement last month.

But it's not just his own family the singer is making up with. The hit maker, who will be headlining the Henley Festival in July, has also put some of his other disputes to bed, including a decade-long slanging match with Madonna. But why now?

In an interview last week, Elton, 68, revealed that he feels as if he 'doesn't need to compete any more', adding he's leaving the young pop stars of this world to pick up his bickering mantel as he'd rather spend time with his sons, Zachary, five, and Elijah, three.

'It's all about the school holidays now,' he explained. 'Giving up touring is on the horizon. I'm

hurting towards 70.'

In fact, Elton says he'd quite like to slip out of the public eye all together and be with his children. 'Their early years are flying by,' he admitted.

Running around after little ones is exhausting for any of us – never mind a sexagenarian with a hectic schedule – it's no wonder Elton's putting all that bickering to bed!

ELTON'S A-LIST ARGUMENTS...

MADONNA

After a decade-long slanging match with the Queen of Pop – during which he called her a 'fairground stripper', said her song *Die Another Day* was the 'worst Bond tune ever' and even went as far as to label her a 'nightmare' – the king of fall-outs sent a heartfelt apology to Madge, 57, which she graciously accepted.



BILLY JOEL

No one could have predicted three years ago at the Songwriters Hall of Fame Ceremony, that Elton would publicly call time on a two-year feud with fellow pianist Billy Joel, 66.

Elton extended an olive branch at the ceremony, which Joel accepted and replied, 'Call me.'



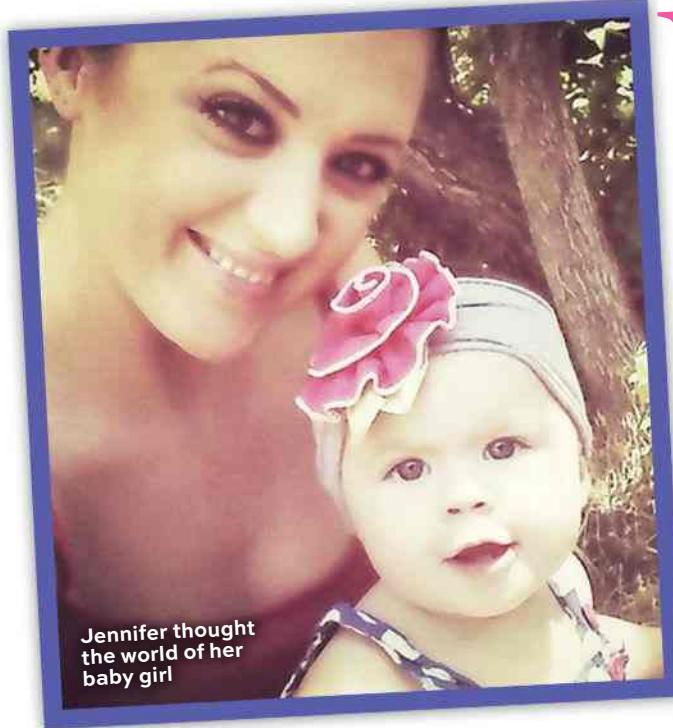
DOLCE & GABBANA

When fashion designer, Domenico Dolce announced that IVF produced 'chemical and synthetic children', Elton unsurprisingly erupted in defence of his sons and called for a company boycott.

Last August, the designer publicly apologised for his remarks. 'The slate is clean,' Elton replied magnanimously.



Was this little girl saved by an angel?



Jennifer thought the world of her baby girl

On a spring evening last year, young mum Jennifer Groesbeck was driving home from visiting her parents, her 18-month-old daughter, Lily, strapped in the baby seat behind her, when her car veered off the road and plunged into a freezing river.

The force of the impact flipped the car onto its roof, crushing Jennifer, 25, and leaving her with catastrophic head injuries.

Incredibly, Lily was virtually unscathed, but was left suspended above freezing water, which was gushing in through the windows.

It wasn't until the following morning, 14 hours after the horrific accident, that

a fisherman spotted the wreckage and called the police.

Officers Bryan De Witt and Tyler Beddoes arrived at the scene, a bridge known locally as Spanish Fork in Utah, and saw the submerged car, which, chillingly, had a motionless arm protruding out of the window.

They were then joined by two more officers, and all four men began

a rescue attempt.

It seemed impossible that anyone could have survived the crash, but the voice of a distressed woman calling for help spurred them on.

The voice was picked up on the microphone footage recorded by a body camera one of the police officers was wearing. Officer Jared Wilson can then be heard replying, 'We're helping, we're coming.'

Now convinced that there was a survivor calling for help, the four officers called upon all their reserves of strength to turn the car onto its side.

When they had moved the car enough to look in, Tyler is heard crying

out, 'Oh God, there's a baby.'

Firemen cut Lily free from the car seat, passing her along a human chain, till one officer scrambled up the bank and handed the unconscious toddler to a waiting paramedic.

She was peeled out of her freezing clothes, and helped to breathe through a tube as she was rushed to hospital.

Meanwhile, now convinced by what they'd heard that a woman was alive inside the car, rescuers battled to push it upright.

But when they finally got to Jenny, it was clear from her injuries that she must have been killed on impact. There was no one else in the car.

Suffering from the effects of severe cold, Tyler was taken to hospital, but later returned to the river, where his colleagues had gathered.

'When you guys were down there in the water, did you all hear a voice?' he asked.

For a moment there was silence, and then all three men replied, 'Yeah, I heard it too.'

They were all convinced that they heard the voice. And yet, they all knew it was impossible - Jenny Groesbeck had been long dead by the time the car was discovered.

Tyler is so convinced he has now

'Someone said "help me" inside that car'

MIRACULOUS SURVIVAL

The impact of the crash flipped the car onto its roof



Little Lily was rescued from the wreckage



The car had plunged into a river

NEW DETAILS
"MIRACLE BACK WITH FAMILY"

I saved me?

A new book claims the rescue of this toddler helps prove heavenly guardians exist...

written a book, *Proof Of Angels*, which explores the fascinating accounts of people's extraordinary experiences of guardians from another realm.

He says, 'Someone said "help me" inside that car.'

'All I know is it was there - we all heard it. That pushed us harder - to us, it was, "Someone is alive in that car. Let's get in there and get them out."

Within hours, the story of Lily's miraculous survival was making headlines around the world.

Tyler became the spokesperson for the group, telling the world about the mysterious voice.

'It just seemed to me like it was a message the world should know about - especially when the rest of the story was so sad.'

'I was telling the God's honest truth about something crazy that happened, and that I was there for, and that three other guys who are rock solid and reliable were there for, too.'

Jennifer's grieving family are convinced that there was another explanation, although still as incredible - the voice belonged to Jennifer's ghost.

'What it should show all of us is how much Jenny loved her little girl,' says Garrett Groesbeck, Jennifer's brother.

'I don't think there can be any stronger example of loving someone so much. The fact that not just one



person, but all these men, had the same experience really hit home with us.'

But perhaps the biggest miracle of this extraordinary story is little Lily, who has amazed doctors by making an incredible recovery.

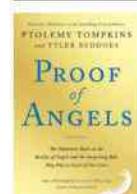
Tyler says, 'I have a friend who works at the hospital where Lily was taken, and he said there is no way that baby could have made it through the night alive, even with all the stuff that

happened in her favour.

'Then throw in the fact that, during the rescue, before we knew she was in there, she was put underwater for two minutes...'

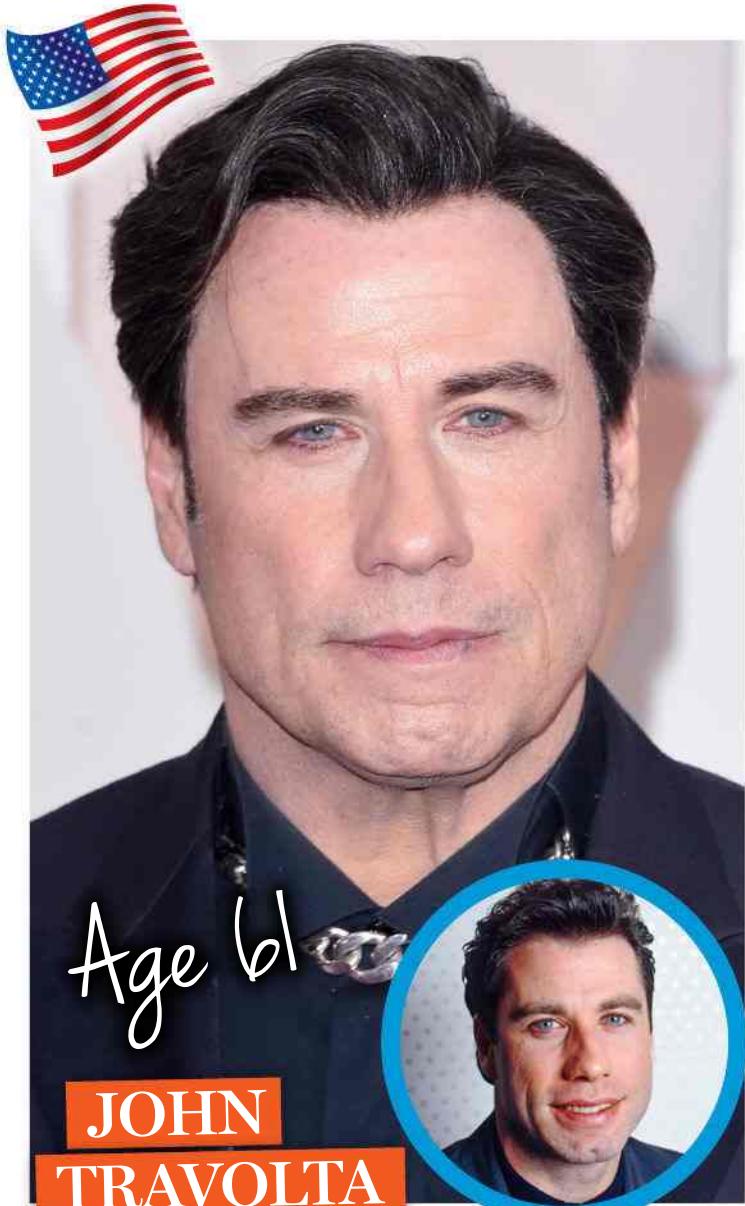
He adds, 'I don't know what happened at that bridge, and I don't know how Lily survived, and I don't know who spoke those words from the car.'

'I'm comfortable calling whoever spoke it an angel, because angels are messengers. And if ever I've been given a message, it was that day, to save Lily.'



● **Proof of Angels**
by Ptolemy Tompkins
and Tyler Beddoes,
published by Simon
& Schuster, is out
now, £9.99

What have they done to their faces?



Age 61

JOHN TRAVOLTA

He was boyishly handsome in *Grease* and *Saturday Night Fever*. But, in the past few years, the 61-year-old hasn't just looked older, we think he looks... unnatural.

Maybe the pressure from Hollywood to stay young forever got to him. In our opinion, since appearing at the 2014 Oscars – looking like a walking waxwork – he's seemed bloated and artificial, but he's always denied going under the knife.

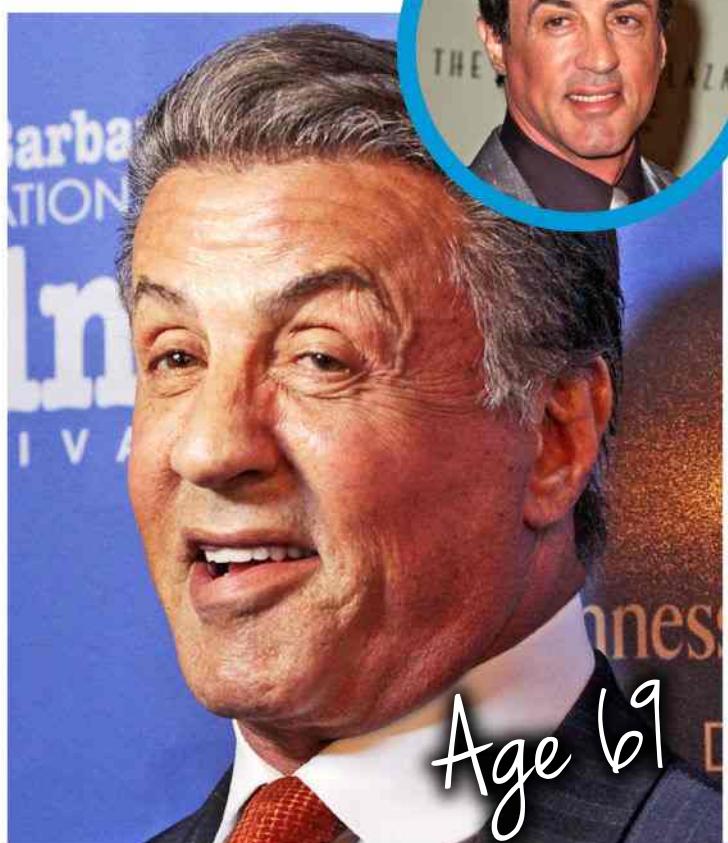
Regardless of whether he has done anything to his face or not, the jury's not out on John's acting. He's playing a blinder in *The People V OJ Simpson: American Crime Story* on BBC2, as OJ's attention-grabbing defense lawyer, Robert Shapiro.

Tom Cruise sparked nip/tuck rumours after his recent BAFTAs appearance, but he's not alone as far as US stars go. We think their British male counterparts are growing old much more gracefully

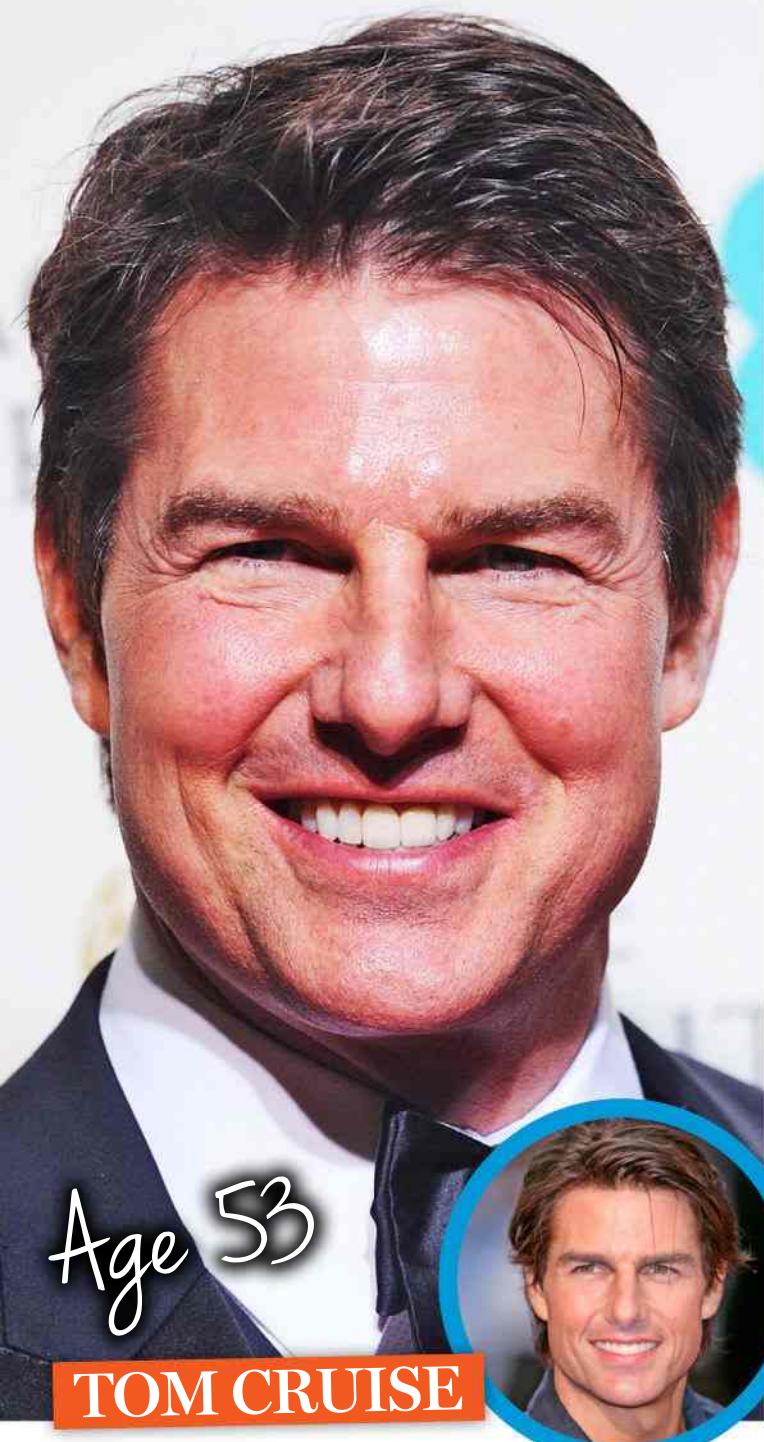
SYLVESTER STALLONE

Sylvester's no advocate of ageing, saying last month, 'The best thing about getting older is... nothing.'

Currently resurrecting the role of Rocky Balboa in boxing flick *Creed*, Stallone, 69, looks impressively buff, and, in our view, is as smooth-faced now as he was 30 years ago! Plus, those eyebrows seem awfully perky for a man pushing 70. The twice Oscar-nominee has had partial facial paralysis since birth, which is probably what created his slight 'snarl' and slurred speech – but what accounts for the conspicuous lack of wrinkles?



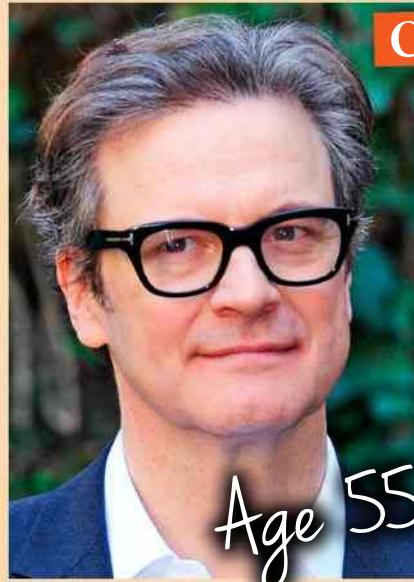
Age 69



TOM CRUISE

Ah, Mr Cruise. The man who gives a whole new meaning to the phrase 'fresh-faced'. The *Mission: Impossible* star, 53, sent Twitter into a frenzy after the BAFTAs. Users said he looked 'inflated', like a 'hamster in a tuxedo' and 'scarier than the bear in *The Revenant*'. We wonder, could facial fillers, Botox or even a lift be behind Tom's puffy, overly-smooth cheeks and under-eye? Who knows, but he's nothing like the chisel-faced Maverick we swooned over in 1986's *Top Gun*, and we don't think it's just the ageing process. Earlier this month, his *Jerry Maguire* co-star, Cuba Gooding, Jr, announced that he believes Tom 'absolutely' had work, but the A-lister himself says his youthful looks are helped by a nutrition and training plan. Cruise has put it down to sea-kayaking, caving, fencing, treadmill and many other activities.

Ageing Brits

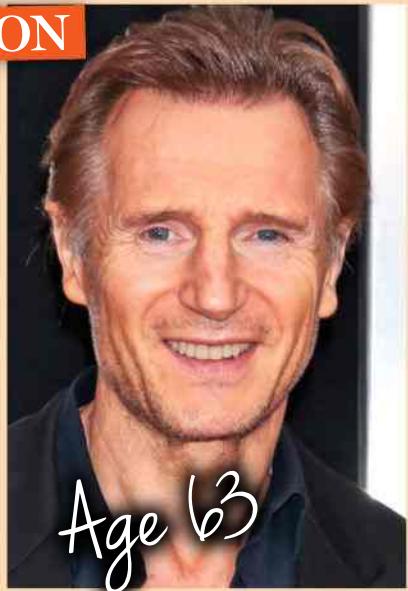


COLIN FIRTH

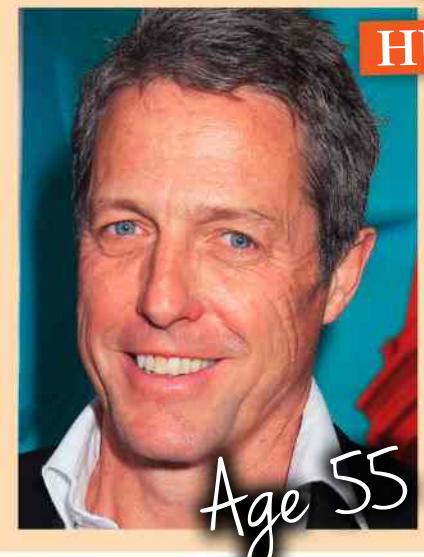
He first became our top posh totty when he strode across the lawn in wet breeches as Mr Darcy in 1995's *Pride and Prejudice*. Since then, gasp, he's aged - yet he's retained his striking looks and suave style. His secret? Monthly facials, we've heard, but he also seems happy in his own skin - be it wrinkly or otherwise!

LIAM NEESON

His weathered looks are part of Liam Neeson's charm, and it's absolutely great to see such a huge celebrity happily look his age (he's 63) - and still look delicious (the recent rumours - all unfounded - that everyone from Susan Sarandon to Kristen Stewart might have been his new 'lady friend' proved that he's still hot property!).



HUGH GRANT



Party boy of old, Hugh Grant is looking his age, probably more than his contemporary Colin Firth. But at 55, who cares, especially if it's the sign of a life well lived. He's lost none of his sex appeal. The *Four Weddings and a Funeral* star has the bone structure and bravado to pull off crow's feet.

THIS WEEK... PAIN... AND PLEASURE

TALKING POINT DYING FOR JUSTICE

Ruth: Making the decision to put my dad, Dennis, into a care home was the hardest thing my family ever had to do. When you finally accept that you can no longer care for your loved one, your main priority is to find a home where they'll be safe and well looked after.

You eventually have to put your trust in a care home and its staff. If people break that trust and abuse a person in their care, they deserve to be punished.

Consider the case of 86-year-old dementia sufferer Ivy Atkin, who was described as 'skeletal' when she was found by Inspectors in a urine-soaked bed with a large, rotting sore on her back. She was taken to hospital but died two weeks later.

I applaud the judge who locked up the director of the care home where Ivy had been staying, after he admitted manslaughter by gross negligence. But, in my opinion, three years and two months isn't nearly long enough a sentence to impose.

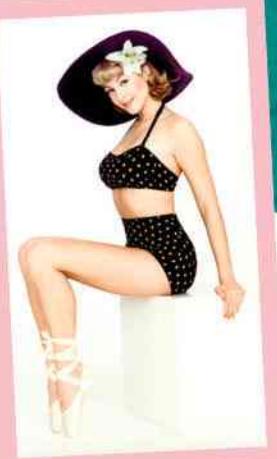
There's a lot of money to be made from the care home business, so surely there has to be a far bigger deterrent if we're going to protect vulnerable, elderly people properly.

Anyone who can abuse and neglect a frail, helpless old lady of 86 needs to be removed from society and given time to reflect on the heinous crime they've committed.

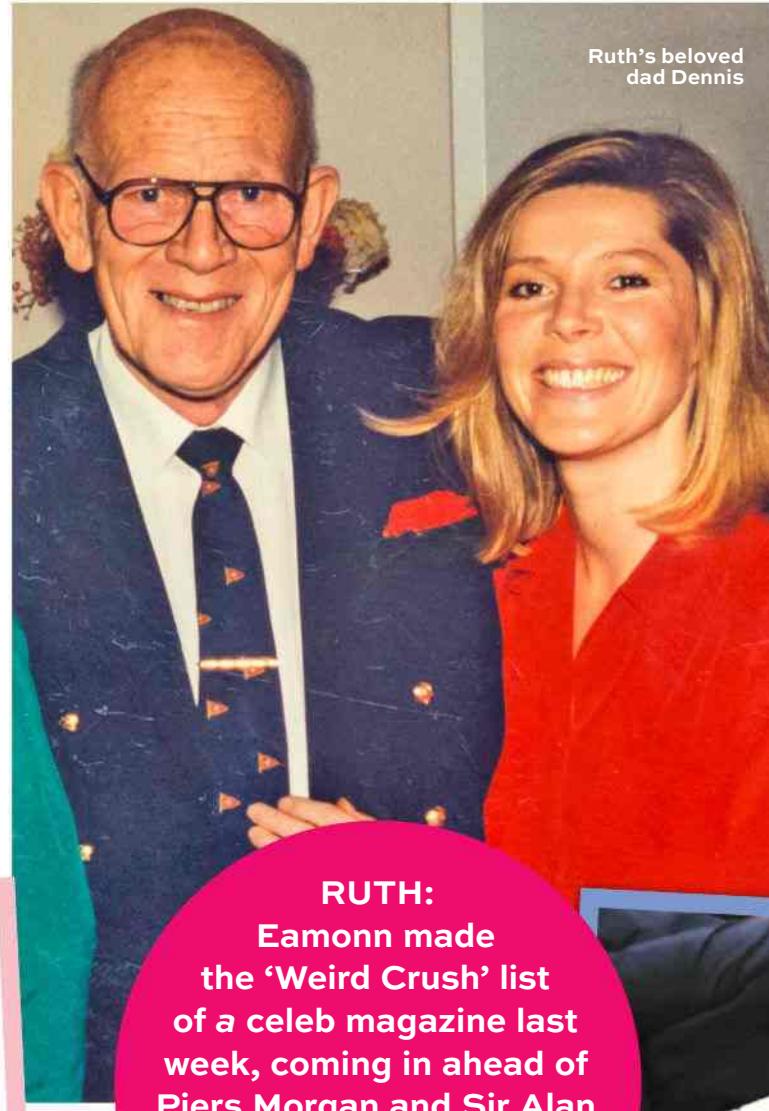
Myself, I'd say a minimum of 10 years in prison is a good place to start.

LINGERING LINGERIE

Ruth: Great news! 'Retro' undies are back. Don't get too excited, though, ladies – retro means sexy styles from the Forties & Fifties, not those old, comfy knickers you once put on a boil wash with a black sock back in 1987!



Ruth: Sent by a reader on holiday in New Orleans, this is a genuine police notice. Sometimes I think Eamonn might feel a little bit like this... It's not all a bed of roses being a Loose Woman!



Ruth's beloved dad Dennis

RUTH:
Eamonn made the 'Weird Crush' list of a celeb magazine last week, coming in ahead of Piers Morgan and Sir Alan Sugar at number 21. I'm not surprised at all...
I've had a crush on him for years!

WHILE THE CAT'S AWAY....

Ruth: The lovely thing about working with our 'TV son', Rylan Clark-Neal, while Eamonn was off, is that he's such a good mate – it didn't seem like work at all!



Rylan and I get along just fine



The formidable Julianne Moore dropped in on *This Morning*

RUTH: After her Oscar-winning portrayal of a woman coming to terms with early onset Alzheimer's disease in the film *Still Alice*, it was a genuine thrill to meet Julianne Moore, who takes on another demanding role in her latest movie *Freeheld*. It's the true story of gay American police detective, Laurel Hester, who, after being diagnosed with terminal lung cancer, fought a ground-breaking case to be allowed to leave her pension to her partner, Stacie Andree. She won that right just before dying in 2006. It proved to be a turning point for domestic partnership rights, and paved the way for same-sex marriage in the US.

Double Take



News, views and a fresh take with **Eamonn & Ruth**



Just breathe in... new, fast pain relief

THE GREEN GIANT OF MEDICINE

Eamonn: After my recent double hip op, I couldn't have got through the first couple of weeks without pain relief. The pressure on hospital A&E departments is increasing – admissions are up by more than a third in the past 10 years. So, anything that can reduce patients' suffering while they're waiting to be seen is an amazing thing.

The 'Green Whistle' is exactly that. It's an inhaler device from Australia, which contains Penthrox (methoxyflurane). It can deliver pain relief not only at hospitals, but by roadsides after traffic accidents, and on sports fields, where some terrible injuries can occur.

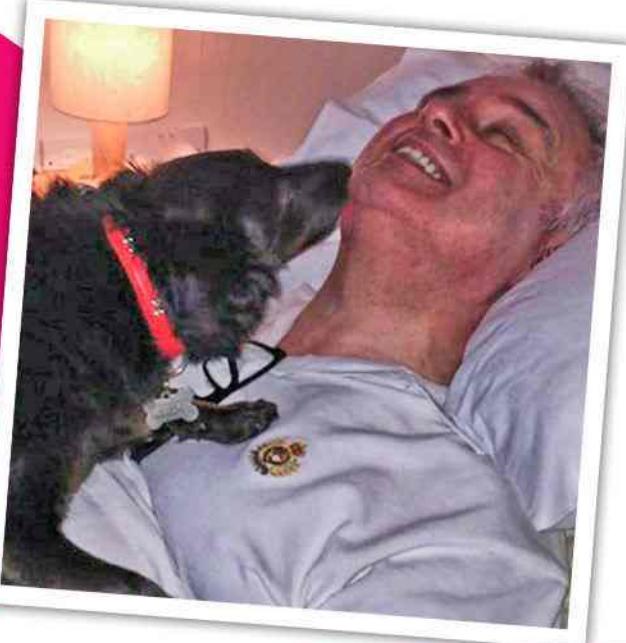
Now, it's being launched in the UK. It will be carried by paramedics and available in ambulances and A&E. This is when we should marvel at advances in science which, with the Green Whistle, can make the simple act of breathing in cancel out so much hurt and pain.



TWITTER/@RUTHIEEL

JUST WHAT THE DOCTOR ORDERED

Eamonn: I've been prescribed a lot of drugs following my hip op – but the effect of one unexpected visitor, in the form of our dog, Maggie, was honestly better than any medicine!



PICTURES: GETTY, ITV/REX FEATURES/SHUTTERSTOCK, NICKY JOHNSTON, STEVE MEDDLE/REX FEATURES/TWITTER

You'll go loco for our coco!

Coco Loco
Coconut Oil

£2.99
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100% raw virgin coconut oil. Although perfect for cooking, baking and spreading, it's great for use on dry, chapped skin or as a conditioning treatment for hair.

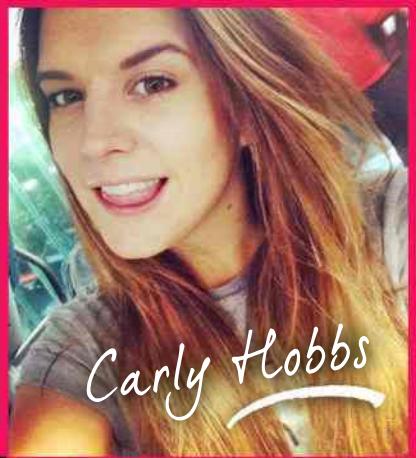
And Aldi's virgin coconut oil does all this for just £2.99!



[f](#) AldiUK [t](#) @AldiUK #AldiChallenge

Aldi accepts cash, Maestro, MasterCard debit and credit cards, and Visa debit and credit cards. No cheques accepted in store. All offers subject to availability. Prices correct at time of going to print. Excludes R.O.I. For details of your nearest store visit our website at [www.aldi.co.uk](#) or call our Customer Service Team on 0800 042 0800 from landlines or 0333 005 0561 from mobiles. Calls may be recorded. *Check pack for warranty details. The warranty may be available via the distributor or the manufacturer. All products purchased in an Aldi store are covered by a 60 day refund policy. Goods returned to a store must be accompanied by proof of purchase/till receipt and in original packaging if not defective. The Aldi refund policy does not affect customer statutory rights. Coco Loco Coconut Oil 300ml, 99.7p per 100ml.

Beauty masterclass



Carly Hobbs

Carly shares her skills on aceing complexion perfection

• Your aim is getting a smooth base with a polished finish.

Colour corrected skin should look like your face, but a little bit fresher. It's about picking the right shade to fix the issue.

• There are two kinds of colour correcting products; primers, applied pre-foundation, and concealers, applied post-foundation.

You can use either or a mixture. I like a little of both. Primers will help your make-up stay on longer, while concealers will take care of more intense colour correcting issues.

• Creams are best for blending.

There are powder-based options on the market, which are OK for touch ups or oily skin, but they can only be used on top of make-up. Creams are more versatile; you can layer other cosmetics over the top, safe in the knowledge that they'll stay in place.

• Bear one rule in mind with application – less is more.

It's better to add a little product, take a step back to see if it's even, before continuing. Apply primers with a brush like Lottie London Flawless Base Brush, £7.99, then buff with the UBU Picture Perfect Professional Stippling Brush, £12. Tap concealers on with your fingertips, this settles them in a concentrated fashion.

CARLY HOBBS has always loved make-up and, after a career on glossy magazines, booking other artists for shoots, she wanted in on the action. Training at London College of Fashion and the Cassie Lomas Make-Up Academy, she now works with top models and is a regular at London Fashion Week. She beautifies celebrities, like the Hollyoaks girls and George Lamb, and is a regular on top magazine photo shoots. Colour correction sounds complicated but, Carly says, 'It's super simple, a few tricks will knock out any pesky skin situations.'

• Wake up tired, sallow skin with lilac-based products.

The theory is opposites attract, so the shades cancel each other out. I recommend Collection Primed & Ready Reviving & Anti-Fatigue Illuminating Primer in Cool Rose, £4.99.

• If redness and pigmentation are an issue, go green.

It might seem random, but smoothing on something like NYX Above and Beyond Full Coverage Concealer in Green, £5.50, will neutralise these problems.

• Dark eye circles and blue, veiny complexions can be taken care of with a little peachy TLC.

This tends to happen under the eyes making Becca Under Eye Brightening Corrector, £21, a dream come true thanks to its apricot tone. Need something heavier? Treat it to Mac Studio Finish Skin Corrector in Pure Orange, £12.50.

• Chances are you might suffer from a few colour issues.

Primer-wise tick all the boxes with Stila One Step Correct Brightening Serum, £24, a helpful mix of lilac, peaches and greens plus hydrating ingredients. Alternatively, Kiko Colour Correction Wheel, £12.90, has the best concealer tone-fixers.

Colour correct your complexion

Flawless and fresh, who doesn't want their face to look like it's got its own Instagram filter? Here's how to perfect your base



Soap royalty Elizabeth Hurley talks about life as a TV queen and reveals how she feels about the real Royal Family...



She's known for acting a tad grand in real life, and now 'no one calls me Liz' Hurley is starring as an actual queen - cunning Queen Helena, to be exact, the sexy and scandalous consort of England - in series two of E!'s hit drama *The Royals*.

While she recently turned 50, the famous beauty (and mum to son Damian, 13) looks more than a decade younger than her years, so she's perfect as the leading lady. Here, she talks about royalty, both on and off screen...



As Queen Helena in *The Royals*

My character seduces everyone!

Elizabeth, have there been any reactions from the Royal Family to *The Royals*?

Very sadly, no!

But do you think anyone from The Firm watches the show – in secret, of course?

You know what? My feeling is that they do watch it in secret! I mean, I don't have any hard evidence. But... I know I would! If I were, you know, the Queen, or a princess, I think I'd watch it, and I think I'd probably be rather jealous.

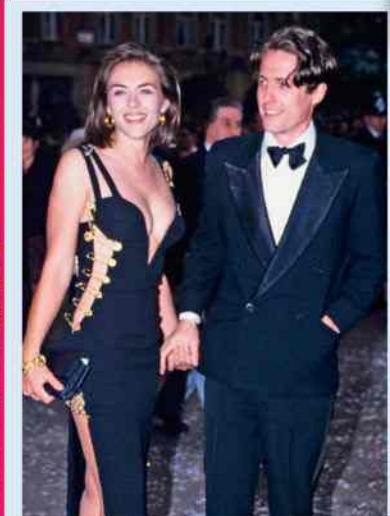
Why would they be jealous?

Because I doubt very much that they get up to what we get up to in the show. You know, behind closed doors. Then again, you never know! But I think they wish they could! [On screen, Elizabeth's husband,

THE REAL-LI

Hugh Grant – 1987-2000

Ms Hurley was catapulted into the spotlight 22 years ago, on Hugh's arm in THAT safety pin dress at the premiere of *Four Weddings and a Funeral*. She split from actor Hugh after 13 years, but he's still her 'best friend', lives next door, and they run a film company together. Remind us why they split again?



g a crown is us, darling!

King Simon (Vincent Regan) fears for the future of the monarchy, but Queen Helena will do anything to preserve the family's way of life. Meanwhile, her twins, Prince Liam (William Moseley) and out-of-control Princess Eleanor (Alexandra Park), are both pleasure-seeking party animals.]

Are you obsessed with royalty in your own life?

Well, I wouldn't say I'm obsessed, but I've always loved the spectacle of royalty. I love the fact that our own Royal Family will still, on special occasions, get into carriages like Cinderella. How heavenly is that! I also like it when they put on crowns, and when they hold orbs, and the men have ceremonial swords. And the way they open the palace doors. I adore all that.

The show's quite irreverent, isn't it? Do you think there's an argument that it should never have been made?

To be honest, within a few minutes of watching episode one of season one, you can see that our TV family has nothing to do with the real British royals. It's obviously fiction that's come out of a wild and wacky mind! So I don't think anybody really imagines that anything we're doing bears any relation to anybody living.

So there's no disrespect?

No. It's fiction. The scripts are fun, they're campy, they're soapy. It's drama and passion, all shot in England.

Describe your character in *The Royals*...

Queen Helena is a lot of fun to play, because she's outrageous. She's a very powerful woman. She's



Queen Helena
with twins
Eleanor
and Liam

Is it a thrill to play the Queen of England?

My queen has nothing to do with the real Queen.

Are there any similarities between being a celebrity and being royal?

Well, I believe we do see the royals as celebrities.

We like to see what the

Duchess of Cambridge is wearing, and we love pictures of the royal babies.

So, what can we expect from *The Royals*?

People have called it 'Buckingham Palace on steroids'! Or 'Dallas at the Palace'. It's going to be a glamorous high-octane ride.

● ***The Royals*, Wednesday, 9pm, E!**

FE LOVES OF 'QUEEN' ELIZABETH



Steve Bing – 2001

The father of her son, Damian, who was born in April 2002. Bing first tried to deny he was the dad, but a paternity test proved otherwise. Hugh stepped in as the godfather.



Arun Nayar – 2007-2011

Elizabeth's first and – to date – only husband. She married the Indian textile heir in 2007, but they split with Liz citing 'unreasonable behaviour' four years later.



Shane Warne – 2011-2013

A whirlwind engagement to the Aussie cricketer was short-lived.



David Yarrow – 2014

Wildlife photographer, former banker and real-life friend of the royals, multi-millionaire David was on her arm for a while but is now seeing Anthea Turner...

Elizabeth says she is currently 'on a sabbatical' from men

CATHERINE ZETA-JONES

DRESS

A LRD (little red dress) is almost as classic as the LBD. Copy Catherine by breaking up the colour with a skinny black belt, which will help flatter an hourglass figure.

COAT As we head into spring, replace your heavy winter coat with a lighter mac as a super chic way to cover up.

SHOES Catherine's shoes are from Prada and the perfect heel height to be both comfortable and sophisticated.



Ste Catherine Zeta

DINNER DATE

A lightweight trench is a great evening option. It looks smart worn over a tailored dress, but can also work with jeans and a sparkly top.



Bag, £18,
BHS



all her look

-Jones' daytime look is smart and glamorous



WORKING WONDER

For a figure-flattering look, shop for detailing around the middle and team with a tailored jacket.

best
style
icons



£29, La Redoute



£12, John Lewis



£12, Accessorize

BELT UP!

Accessorise your outfit with these beautiful belts



£19, Dune



£12, M&S



£2.99, New Look



£15, Debenhams

THE high street edit

STEP OUT IN STYLE
WITH OUR PICK
OF THE LATEST
LOOKS FROM YOUR
FAVOURITE HIGH
STREET STORES



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DUNE



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£59



£69



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HOBBS



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*Bell sleeves
make your arms
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and balance
out your
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BHS



Top, £38
Trousers, £28
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Clutch, £18
Earrings, £6
All BHS
Shoes stylist's own



£25



£23



£16

THIS WEEK...

Who decides a child's life is not worth £450?

Two-year-old Faye Burdett (pictured right) died on Valentine's Day because she wasn't given the jab that could have protected her from Meningitis B.

When I saw the pictures of that little girl on Facebook – covered in tubes, wires and that horrific purple rash – then read that her unbelievably brave mum and dad had made the heartbreakng decision not to let doctors perform ‘multiple amputations’ with only a slim possibility of her survival – talk about sob...

As a new gran to a little girl, it broke my heart. And it's not an isolated incident.

Ex-England rugby player Matt Dawson has a two-year-old son, Sami. Matt, 43, has just gone through 'two weeks of hell' watching his little lad fighting a strain of the disease at Great Ormond Street Hospital. But, thank



**Faye was
a healthy,
bubbly little
girl before
she was
struck down**

God, little Sami is finally recovering.

There is a vaccine against this deadly infection, and it has been available to babies aged between two and five months since last July – but that leaves hundreds and thousands of our kids, including Faye and Sami, unprotected. Now, Matt has joined in calls for it to be made available to all children under 11.

There are no words to describe how you feel when your child is seriously ill. My son Jake was in hospital, aged 11,

with suspected meningitis and kept in isolation for four days. It turned out he had a severe infection that had caused several blood vessels to burst and resemble the meningitis rash.

But the fear of seeing your child so sick, and knowing



**Son Sami
has just
battled the
disease**



Straight Talk...

With Loose Woman *Coleen Nolan*



Her parents shared this photo to raise awareness of the need for the vaccine.

there is nothing you can do, is horrific. At that point, I would have handed over every penny I had for the doctors to make him well again.

So what I want to know is this. Who decides a child's life isn't worth £450?

I know the NHS is in crisis, but surely we have to find the money to fight this disease – otherwise, what? We watch our kids die in increasing numbers?

Statistics show that 1 in 10 of those affected will die, and many of the survivors will be left with permanent disabilities, including amputations and even brain damage.

The vaccination is available now – so why aren't our kids getting it? It needs to be as routine as the MMR, pre-school boosters and HPV injections. Yes, there's a cost, but we need to suck it up. There is no alternative.

- To sign the petition to give all children under 11 the meningitis B vaccine, visit <https://petition.parliament.uk/petitions/108072>

'Me, a heart-throb? I'm too old!'



*You'll never
see me on
the red
carpet'*

TV chef James Martin, 43, comes over all modest despite his ever-expanding army of female fans

James, congrats on 20 years in the business!

Crikey, 20 years of live TV and I still love it. I've learned everything I know on the job, there's no school for TV chefs.

You've become a heart-throb, too...

I'm not a heart-throb! Paul Hollywood does all that now, I'm getting too old for it. When I get up to film *Saturday Kitchen*, I have a can of Red Bull, two eye-drops, stick a shirt on and I'm away.

Tell us about your new book *More Home Comforts*, then.

It's honest cooking. I hate trends, I've always stuck with what I enjoy. We go to the bottom of the garden, and say, 'What are we going to make?' You're not pretending to be something that you're not.

The images are extremely mouth-watering...

Well we did all the recipes in one take. I hate 'squeaky-clean' cooking, shots of pancakes covered in maple syrup, glistening in the light. Cooking at home's not like that.

Tell us about your new tour *Plates, Mates and Automobiles*...

It involves my mates, my stove and a bit of car chat. There's a 5-10 minute element at the end that I've been rehearsing for

three months, every single day, it's an epic section - no cooking tour's done this before. Can't say any more!

You've done *Saturday Kitchen* for 14 years. Who has been your best guest?

Jackie Collins. She's the only celebrity to have written afterwards and thanked me. It was her temperament. She was just a pro.

Most awkward *Saturday Kitchen* moment?

When Bill Oddie was on, and the chef we invited in cooked mallard. It was only when we sat it down that the penny dropped!

Best piece of career advice?
When I started on *Saturday Kitchen*, Michael Parkinson took me to one side and said, 'Research, and research some more. Never be short of something to say.' Those are words I cherish.

Do you enjoy fame?

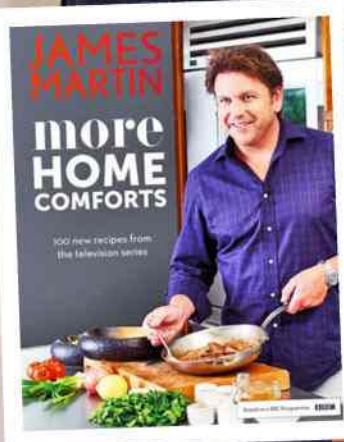
I don't do showbiz - you'll never see me on a red carpet. I only did *Strictly Come Dancing* because my PA roped me into it!

You're dyslexic, has that made life difficult?

At work, sometimes I'll miss an autocue, but whatever. It's 100 per cent positive, dyslexia made me focus on my strengths.

If you weren't a chef, what would you do?

Retire! I'd go and live in the Caribbean. I've been to that part of the world a few times, and fallen in love with it.



Dark & white chocolate cherry brownies

Makes: 12 pieces

INGREDIENTS

- 350g dark chocolate (55-60 per cent cocoa solids)
- 250g unsalted butter
- 3 large eggs
- 250g dark soft brown sugar
- 110g plain flour
- 1tsp baking powder
- 150g fresh cherries, stoned and halved
- 150g white chocolate, roughly chopped
- 1-2tbsp cocoa powder, for dusting

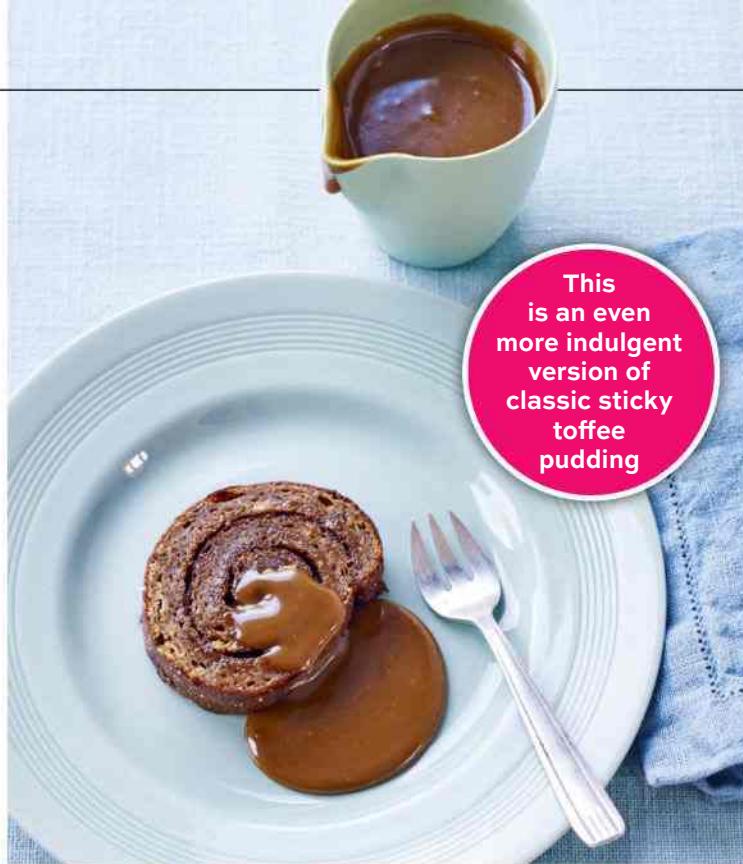
1. Preheat the oven to 170°C/gas 3. Grease and line a 30cm x 23cm roasting tin. Put the dark chocolate and butter into a saucepan and heat until melted, stirring so that it doesn't get too hot, then remove from the heat and cool. Crack the eggs into a kitchen mixer or a large bowl, then add the sugar and whisk until thickened and paler in colour. Beat in the cooled chocolate mixture, then gently fold in the flour, baking powder and half of the cherries.

2. Spoon into the prepared tin, and scatter the remaining cherries and the white chocolate over the top. Bake for 30–35 mins, or until the surface is set. The brownie will be cooked when a skewer inserted into the middle comes out with just a little mixture sticking to it. Place on a wire rack to cool completely in the tin before removing, dusting with cocoa powder and cutting into squares.



JAMES MARTIN'S sweet treats

DITCH THE DIET AND INDULGE WITH ONE OF THESE COMFORT CLASSICS WITH A TWIST



This
is an even
more indulgent
version of
classic sticky
toffee
pudding

Sticky toffee roulade

Serves: 6–8

FOR THE SPONGE

- 150g dates, roughly chopped
- 4 eggs, separated
- 75g dark brown sugar
- 1tsp vanilla extract
- ½tsp bicarbonate of soda
- 100g plain flour
- 1-2tsp caster sugar, for sprinkling

FOR THE SAUCE

- 200ml double cream
- 200g unsalted butter
- 200g dark brown sugar
- 50ml bourbon

1. Preheat the oven to 230°C/gas 8. Grease and line a 35cm x 25cm Swiss roll tin. Put the dates and 225ml of water into a saucepan, set over a low heat and bring to the boil. Meanwhile, whisk the egg yolks and dark brown sugar in a mixer or a large bowl with an electric whisk, until the sugar has dissolved, then set aside.
2. Pour the dates and water into a blender and blitz to a fine purée. Beat the egg whites in a large bowl with an electric whisk until soft peaks form. Now you're ready to put it all together. You need to

work quickly. Add the vanilla extract to the sugar and egg mixture, then add the bicarbonate of soda and puréed dates, and mix together. Fold in the flour, then beat in half the egg whites for 10 secs. Beat in the remaining egg whites until fully incorporated. Pour straight into the Swiss roll tin and smooth to the edges, then bake in the oven for 11–12 mins until risen and golden brown. While the cake bakes, make the sauce.

3. Put the cream, butter, brown sugar and bourbon into a saucepan set over a medium heat. Bring to the boil, whisking until smooth, then simmer for a few minutes until thickened. Set a damp clean tea towel on a work surface and dust with the caster sugar. When the cake comes out of the oven, turn it top-down onto the towel and peel off the lining paper. Spoon one-third of the sauce over the sponge and roll the sponge up from the short side to form a fat roll. Transfer the cake to a serving platter, then spoon some more of the sauce over the top, and serve with the rest of the sauce in a jug on the side.

Billionaire's shortbread

FOR THE SHORTBREAD

- 250g softened unsalted butter, plus extra for greasing
- 150g caster sugar
- 1 medium egg
- 150g cornflour
- 300g plain flour

FOR THE TOPPING

- 300g caster sugar
- 175ml double cream
- 275g crunchy peanut butter
- 400g dark chocolate, roughly chopped

1. Preheat the oven to 180°C/gas 4. Grease and line the base and sides of a 30cm x 23cm traybake tin. To make the shortbread, mix the butter and sugar together in a bowl with an electric whisk until softened and lightened in colour. Add the egg and beat together, then fold in the cornflour and plain flour to form a soft dough.
2. Tip the dough out onto a lightly floured work surface and knead very gently until smooth. Press into the base of the prepared tin, spreading it evenly into the corners. Prick all over with a fork, then place in the fridge to rest for 15 mins.

Bake for about 25 mins until just lightly coloured and firm to the touch. Meanwhile, make the topping. Put the caster sugar into a frying pan and heat gently, without stirring, until the sugar turns golden brown and liquid.

Whisk in the cream and cook until thickened and smooth, then beat in the peanut butter – you want a thick, light golden-brown mixture. Remove from the heat and leave to cool until the shortbread is out of the oven. Pour the caramel over the shortbread, spreading it to the edges so there's an even layer, then set aside to cool for at least 1 hour.

3. Put the chocolate into a bowl, set over a pan of simmering water, until it has melted. Pour three-quarters of the chocolate over the cooled caramel topping, tipping the tray so that it coats all the caramel. Set aside at room temperature to cool for 30 mins, then drizzle the remaining chocolate over the top. Set the tray aside until the chocolate has set – at least 1 hour. Lift the shortbread out of the tin by the edge of the paper, and cut into triangles to serve.

PHOTOS: PETER CASSIDY

EXTRACT FROM

James Martin's More Home Comforts, £20, Quadrille Publishing



Putting
the peanut
butter in gives a
luxurious salted
caramel flavour,
with added
crunch

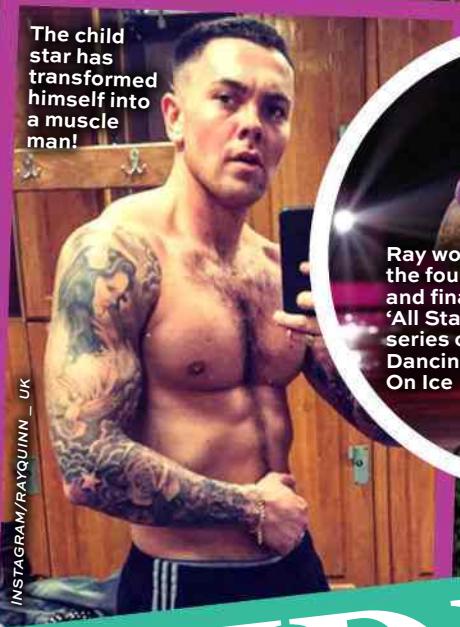


Ray Quinn

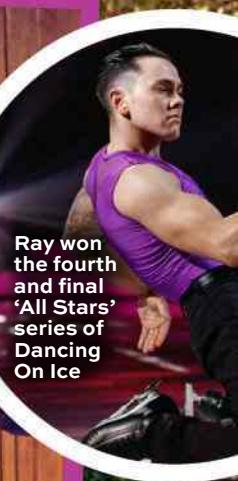
Ray is best-known for wowing the crowds on season three of *The X Factor* – he lost out to Leona Lewis – before skating his way to the final of *Dancing On Ice*, which he won. But the 27-year-old started out on the Liverpudlian soap as schoolboy-turned-killer Anthony Murray. The actor-turned-singer has transformed himself from child star to tattooed muscleman – and he's almost unrecognisable!

The child star has transformed himself into a muscle man!

INSTAGRAM/RAYQUINN_UK



Ray won the fourth and final 'All Stars' series of *Dancing On Ice*



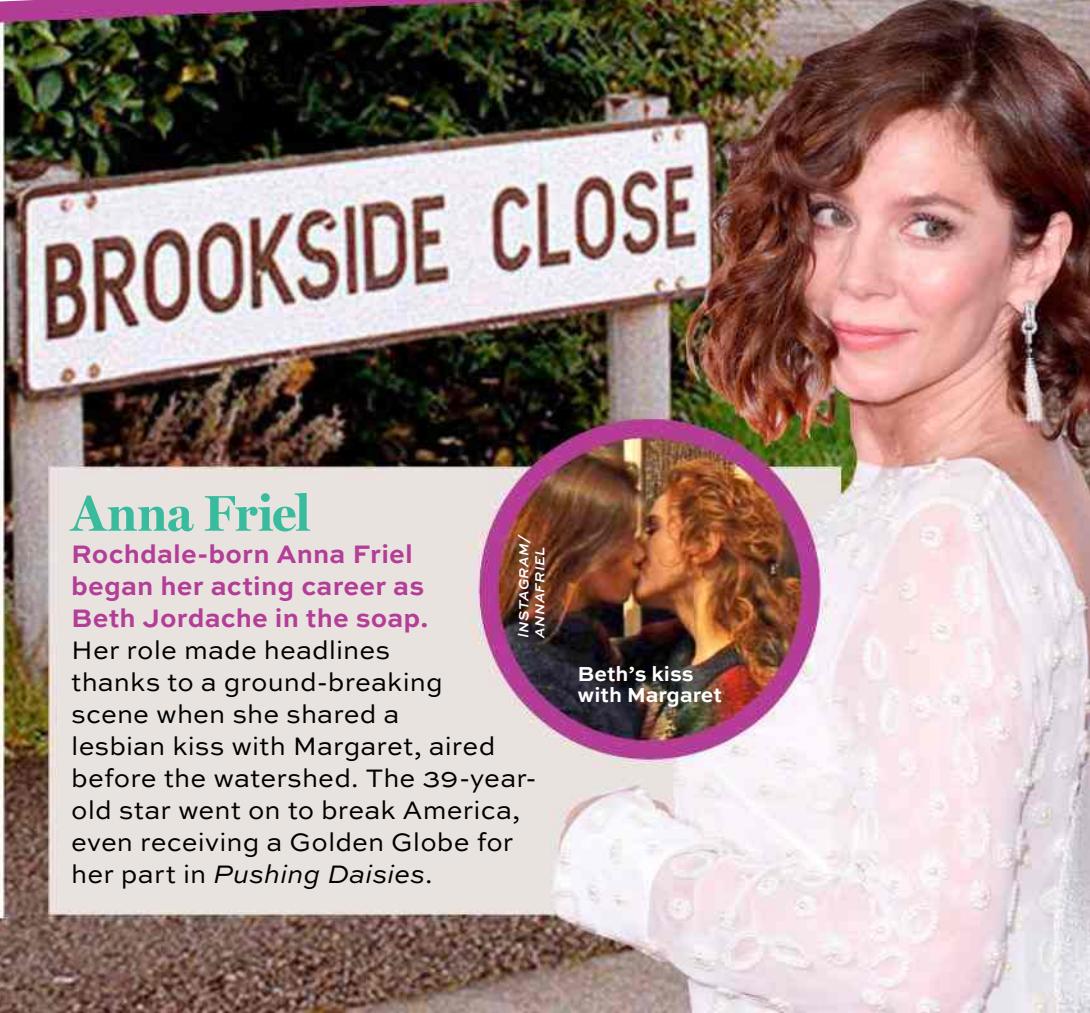
IS BROOKSIDE COMING BACK?

With rumours of Channel 4's hit soap returning, where are the stars who first found fame on the Close now?

It's been a staggering 13 years since *Brookside* last aired, but the show's creator, Phil Redmond, has teased fans that the soap could return to our screens.

'It could come back in some form,' says Phil. He went on to say that while it might not be aired on terrestrial TV, there's definite online potential. 'I think doing it online would be the best platform.'

From the streets of Brookside Close to the bright lights of Hollywood, we look at how the Liverpool-based drama certainly kick-started its stars' incredible careers.



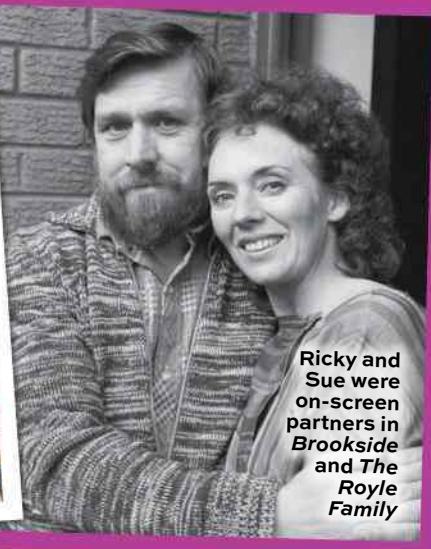
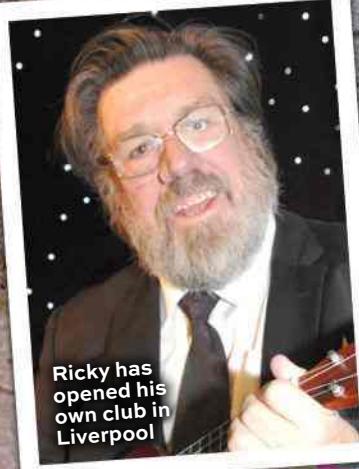
Anna Friel

Rochdale-born Anna Friel began her acting career as Beth Jordache in the soap. Her role made headlines thanks to a ground-breaking scene when she shared a lesbian kiss with Margaret, aired before the watershed. The 39-year-old star went on to break America, even receiving a Golden Globe for her part in *Pushing Daisies*.



Ricky Tomlinson

Now primarily known for his role as cringeworthy Jim Royle in *The Royle Family*, Ricky Tomlinson was actually the first main character, Bobby Grant, and appeared in the soap for six years as Sue Johnston's hubby. Ricky, 76, has since starred in a number of films, and in May 2010, he opened his own cabaret club, The Green Room in Liverpool, with his brothers.



Claire Sweeney

Possibly one of *Brookside* Close's longest residents, Claire Sweeney played Lindsey Corkhill for 10 years, before going on to star on both stage and screen.

The 44-year-old actress appeared in the first ever *Celebrity Big Brother* series, back in 2001, in which she was runner-up, before going on to star in the stage production of *Chicago* in the West End. Her other TV credits include *Clocking Off* and *Mersey Beat*.

Sue Johnston

Sue – Ricky's on-screen wife in both *The Royle Family* and *Brookside* – went on to have a stellar career in British TV, including roles in Jennifer Saunders' BBC comedy drama *Jam & Jerusalem*, *Waking The Dead* and *A Touch of Frost*. The 72-year-old also starred in *Coronation Street*, as Gloria Price, and had a role in *Downton Abbey*, as Miss Denker.



In the PINK

Add a pop of colour
for outfit perfection



**Add statement
shine with
patent**



THIS WEEK...

How to avoid the 'retirement roulette' savings game

There have been a lot of changes to pensions recently – here is what you need to know

NEW WORKPLACE PENSIONS

Whilst the statutory State Pension is a good start, in order to guarantee a comfortable retirement income, you could join a company scheme or set up a private pension. Cash paid into a pension will not be taxed, and you can take advantage of the free money out there (like tax relief and employer contributions). You can start small, then increase your pension payments as you grow older.

The Government is currently launching Workplace Pensions. Part of your salary (four per cent, as of 2018) will be saved in a pension, and your employer will also contribute (three per cent), as will the Government (one per cent). You'll be auto-enrolled in this scheme when your company becomes eligible, but can opt out if you want to save for your retirement another way.

THE STATE PENSION CHANGES THIS YEAR

Retirement planning is often much harder for women. They tend to have less in pension savings than men, as they have taken time out to look after children. If you're relying solely on the State Pension, be aware that recent changes will have an impact on what you can expect to receive.

The State Pension age for women has gone up to 65. However, there'll be a new single-tier, flat rate pension from 6 April, 2016. It's set at £148 a week, and you will need to have paid National Insurance for 35 years to get the new flat rate pension. If you have gaps in your working life, you can boost your pension by buying credits.

A massive 43 per cent of women say they have little or no understanding of individual pension savings.*

Cashback Queen

With Dragons' Den's
Sarah Willingham



HOW MUCH SHOULD YOU BE SAVING?

Last year, the Scottish Widows Retirement Report revealed that people aged 30 to 65 believe they need, on average, £23,469 a year to live

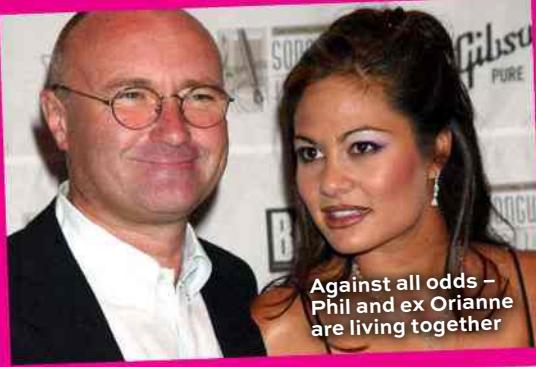
comfortably in retirement, but those saving at the current average of £142 per month can expect an annual retirement income of just £15,600. This means that you need to be saving more elsewhere – but the longer you leave it, the more you'll need to save. To work out how much you should, ideally, be saving, factor in half your age from when you started. If you began your pension pot at 30, it's advisable to put 15 per cent of your salary in it. If you start at 40, it's more like 20 per cent.

WHERE TO GET ADVICE

Pensions can be complicated, and every individual needs something different. Women tend to turn to friends and family for advice, but more than a third of women in the UK don't know where they would go to get advice, so professional contacts can help. For help with pensions and retirement planning, it's always worth speaking to your pension provider. If you are starting from scratch, consult an independent financial adviser (visit unbiased.co.uk), or speak to the Pension Advisory Service.



Love the second time



Against all odds –
Phil and ex Orianne
are living together

As Phil Collins announces he has reunited with his ex-wife, Orianne, we speak to Bridget Jones, now 43, who has remarried her ex, Richard, 46

Looking back now, it's obvious why me and my husband, Richard, didn't work out the first time we got married. I was just 17 years old when we met, and he proposed after just two weeks.

Within four years, we were married with two children. However, our whirlwind love affair came to an abrupt end as reality hit, and we broke up in 1996, divorcing a year later.

It wasn't how we envisaged our fairy-tale romance panning out.

I was working in the same pub where Richard was a bouncer when he first asked me out. I was nervous at first. Bouncers, especially good-looking ones like Richard, had a reputation as ladies' men.

But Richard was nothing like that. He was funny and romantic, and we both fell head over heels in love.

So much so that, when the plastering company he worked for during the day moved to Manchester after just two weeks, I offered to go with him.

'I suppose, if I ask you to marry me, you'd say no,' he joked. But I was so smitten, I said 'yes' instead.

We decided to stay in Bristol to be close to our families, and I started planning our wedding. Then I found out I was pregnant. We were both excited, and it certainly wasn't going to stop us getting married. In fact, we brought it forward, before I got too big.

On 31 August 1991, I said 'I do' to Richard. It was a big church wedding

and we had 80 guests. I may have been three-and-a-half months pregnant and had terrible morning sickness, but we had a great day. When Richard put the ring on my finger, I never imagined it wasn't a forever marriage.

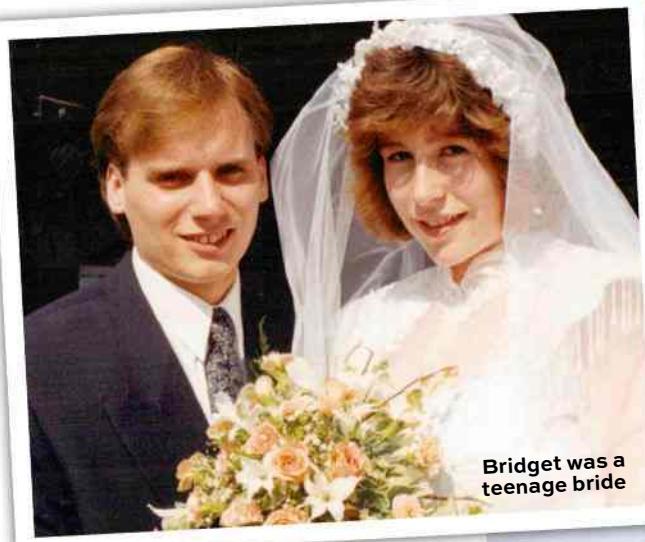
After our honeymoon in Torquay, we settled into married life. But it wasn't what either of us expected.

When our son Ricky, now 24, was born five months later, we went from being husband and wife to mum and dad really quickly.

Those important years in your early twenties, when you usually party with your friends and date unsuitable men, were consumed by nappies, sleeping routines and bills. It's enough to put pressure on mature couples, and it proved to be our undoing.

We'd bicker over small things and have blazing rows. We both got jealous,

*'This time,
I'll never let
him go'*



Bridget was a
teenage bride

Second time around



and money was a worry. We were immature and not ready to commit.

When our second son, Ryan, now 21, was born, barely two years after Ricky, things were already rocky. We both realised it wasn't working, so we split when Ryan was three, agreeing to do everything we could for the boys.

They continued to live with me but saw Richard all the time.

I hated seeing the boys so upset. Ryan wasn't aware of much, but Ricky was. He missed Richard terribly and didn't understand why we weren't all living together any more.

We spent more time together, but that wasn't enough for Ricky. He begged me to let him live with his dad. It broke my heart, but eventually I relented. And, as we didn't want to separate the boys, they both moved in with Richard.

Inevitably, I spent more time at his house. We started to get on better, and were able to laugh at our mistakes as a young married couple.

A lot of our family and friends were horrified I'd let the boys live with their dad. Also, I guess a lot of estranged couples are always at war, and we did go through a stage of hating each other. But our boys had to come first.

'It's taken all this history to make us who we are today'

Even so, when Richard won a trip on Eurostar for two people in 2000, I was stunned when he asked me to go. We went to Brussels, and it was then that we rekindled our romance.

We started going on dates and, after a couple of months, we agreed to move back in together to see how things went. We were taking baby steps, so we had separate rooms, but it made sense to share a house. It meant we could save money and both spend time with the boys.

In 2004, I sent Richard a Valentine's Day card, saying, 'You + Me + a beach somewhere = let's get remarried.'

When he realised I was serious, he was thrilled.

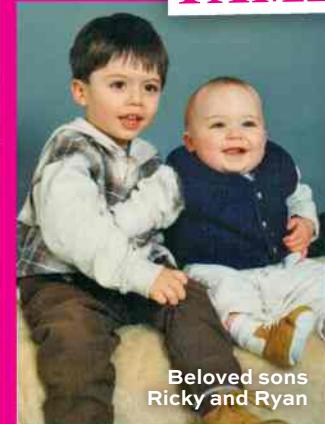
Older and wiser, we wouldn't make the same mistakes again.

The boys were delighted, but the same couldn't be said for our friends. I understood – it's not every day that your friend gets back together with the man you've spent a lot of time helping her get over.

We remarried in Florida, in October, 2009. Ryan walked me down the aisle, and Ricky was Richard's best man. We honeymooned with the boys.

I'll never regret any of it. It's taken all that history to make us who we are today. And this time, I'll never let him go.

FAMILY COMES FIRST



Beloved sons
Ricky and Ryan



Second honeymoon
in Florida, 2009



Older and wiser
– Bridget and husband Richard

The age-defying haircut celebs swear by...

For years, midi-length hair was deemed unadventurous. Lately, though, celebs have been embracing it in all its forms.

And it's clear that having a few inches chopped off doesn't mean you're stuck in a one-look routine. 'Shorter lengths can easily be dressed up or down,' says Katie Allan, Creative Manager at Charles Worthington. 'They'll look chic either poker-straight, for a blunt look, or waved, with a bit of texture and movement.'

Rae Palmer, Revlon ambassador, adds, 'It's great for those who want to experiment with something shorter without going all the way.' But what's the key to a successful midi cut? 'Make sure your hairdresser understands your lifestyle and how much time you're prepared to spend on your routine,' says Luke Benson, stylist at D&J Ambrose. Find your perfect variation here...

LOSE
INCHES –
AND YEARS
– WITH 2016'S
HOTTEST
STYLE

The midi kit



Kent Large Radial Brush, £10.50, is big enough to add body to lank locks

Milk_shake styling potion, £16.49, is great at taming frizz and achieving a smoother finish

Charles Worthington Volume & Bounce Texturising Spray, £6.99, bulks out strands fast

Lee Stafford Jumbo Juicy Tong, £24.99, is ideal for creating waves

The lob Holly

'Holly Willoughby's style is great if you're not ready for a really short chop,' says celeb hairdresser Lee Stafford.

WHO IT SUITS This length elongates a rounder face, but steer clear if your hair's thin, because it can be hard to make it appear volumised.

WHAT TO ASK FOR A collarbone-length blunt cut with no layers but some subtle face-framing at the front.

HOW TO LOOK AFTER IT It's a 'kick' rather than a full-on 'wave' that gives this style movement, to stop it hanging around your face. 'Using a big tong, take random large sections to curl,' advises Katie.

The shoulder-skimmer

Myleene



Myleene Klass' 'do looks a lot thicker than it did back in her Hear'Say days, when her long, ironed locks were her trademark. 'The midi cut has seen a resurgence, and for good reason – it works for everyone,' explains Rae Palmer. **WHO IT SUITS** It's particularly flattering on squarer faces, because it softens the sides.

WHAT TO ASK FOR

A thick blunt cut just above the shoulder. Adding small highlighted

strands will make it look thicker, too.

HOW TO LOOK AFTER IT Keep the length right by getting it cut every 6-8 weeks because, once it hits the shoulder, the hair will flick out, making it a totally different style, says Katie.

The wob

Denise van Outen



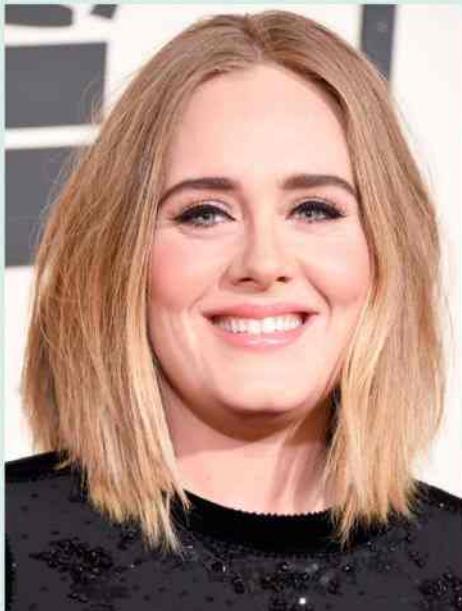
Adding a wave through the style transforms it from dowdy to daring. 'The other important element is the side fringe that hits the cheekbone – it really flatters the face,' says Luke.

WHO IT SUITS Those with medium to finer hair types will find this shape can add much-needed body.

WHAT TO ASK FOR

Shorter layers at the back and heavier at the front, for a bob that encourages texture and movement.

HOW TO LOOK AFTER IT Medium-sized heated rollers will encourage that gentle wave – any smaller and the curls will be too springy. When the curlers are cold, take them out and brush through gently with your fingers.



The chob

Adele

The songstress has lost her trademark beehive and said 'hello' to a modern bob. 'It'll maintain a good shape as it grows out, leaving you with plenty of options for how to wear it,' says Luke.

WHO IT SUITS

A style that sits

just between the chin and neckline like this will help to elongate a round face.

WHAT TO ASK FOR A cut that's just below chin-length, with a very slight layer on the ends to add texture.

HOW TO LOOK AFTER IT Get a trim every 8-10 weeks. Use a texturising spray on damp hair and, after blow-drying, tong random sections for extra volume.



The fob

Lorraine

'Lorraine's style is a real "win-win", as it's long enough to weigh down very thick hair, but short enough not to make finer hair look limp,' says James Bacon at Trevor Sorbie.

WHO IT SUITS

This is truly a suits-all style. For one thing, you can never underestimate

the power of a fringe for a youthful look that has the added benefit of hiding forehead wrinkles!

WHAT TO ASK FOR A graduated chop with layers at the front to soften the face.

HOW TO LOOK AFTER IT It's the fringe that requires the most maintenance, so get it trimmed at least every two weeks. Mousse can add body if needed – comb a large blob through from root to tip before drying, but avoid the fringe so it's not weighed down.

My husband gambled away our family home

Denise Bradford, 63, reveals the devastation caused by her partner's long-term online gaming addiction

David was a typical corporate husband, working away a lot. I didn't mind too much, as his £70,000 salary meant I could stay at home and raise our sons, Adam, now 23, and twins Alex and Ryan, 20. It was how we'd planned it.

I was 25 when I met David, then a trainee accountant. He was a shy Friends of the Earth volunteer with a passion for saving the whale and recycling.

When we got married, two years later in 1983, we saved up and bought a beautiful house in Sheffield before having children - we wanted to make sure we had security first.

When I fell pregnant with Adam, I became a stay-at-home mum, and the twins came along not long after.

So, while David became a financial director and looked after the bills, I took care of the house and kids. We had the perfect life.

We played badminton at district level with a great circle of friends, and I felt proud that my husband put a roof over our heads.

But one day two years ago, I discovered my idyllic life

was all based on lies, and the foundation of my marriage was shaken to its core.

It was Friday 11 April 2014 - my 62nd birthday - when everything changed. David, 59, was on a business trip in Wales - he said he had to give evidence at a court case involving his employers.

He promised to be home in time to help me eat the big cake Adam had bought for the occasion.

When he didn't call at midday, a little niggle set in. By the time the phone did ring five hours later, I was starting to worry.

But it wasn't David - it was a man I didn't know who said he was David's solicitor.

'David's in the back of a van on his way to prison,' he said. 'I can't tell you any more due to client confidentiality. He'll call you later, but you'll only have 60 seconds.'

It was like a bad dream. Adam, then 21, was with me, and we both tried to make sense of the situation.

At 6.30pm, the phone rang and I heard David's voice. I demanded to know what was going on, but he just said, 'I need you all to stick together. There's a spreadsheet on the computer that'll tell you everything.' Then the phone went dead.

Sure enough, Adam later found the spreadsheet on his dad's laptop.

My legs turned to jelly as we tried to make sense of the figures. It didn't take long to work out that every credit card, debit card and bank

account was maxed out. There were also payday loans and gambling debts, adding up to about £500,000.

But the biggest shock was finding out that our beautiful five-bedroom detached dream home had been remortgaged without my knowledge.

The house only cost £30,000 in the early Eighties, and I thought the mortgage had been paid off, but now we owed £320,000.

I was desperate for answers, but we couldn't contact David at the prison.

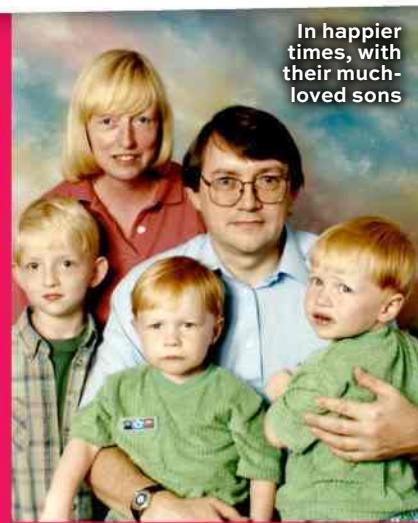
It wasn't until we read the story a local newspaper ran online that we began to piece together what had happened.

David had received a two-year sentence for stealing £53,000 from a company in Wales to feed a gambling addiction.

THEY USED TO HAVE IT ALL



Denise took David 'for richer or poorer'



In happier times, with their much-loved sons



Adam, Alex and Ryan were well provided for



David's deceit has taken a heavy toll on the Bradfords

I felt so ashamed. My trustworthy husband – a pillar of our community – was a common criminal.

I struggled to take it all in. David didn't spend his life in the betting office or casinos. In fact, I only saw him gamble in the pub on slot machines, and everyone did that.

How could he have played Russian roulette with our lives? And how could I not have suspected a thing?

A week later, I drove the four-hour round trip from our home in Sheffield to Liverpool's Altcourse Prison to visit him, taking two friends for support.

I was so angry, I could hardly look at him.

'How could you do this to us?' I demanded.

But he just hung his head,

and I left none the wiser.

Answers came a week after that visit, in a letter. David said he'd signed up to 12 gambling websites and spent £30,000 a year. It started off around the year 2000 with online slot machines, but soon he was gambling for hours every day while he was away on business.

In the months that followed, we struggled to survive. Adam took over the £1,000-a-month mortgage interest instalments to keep a roof over our heads. I felt awful relying on my son to keep the family home going.

Despite my anger, when David was released on licence after eight months, I took him back.

People ask how I could have let him back in our

home, but I simply wanted him to sort out this mess

– I couldn't do it on my own.

We're still picking up the pieces. He's been to Gamblers Anonymous, and we've attended family help groups.

We're also trying to use our experiences to help other families like us by lobbying the Government for tougher gambling legislation.

But it's too late for us. No one will employ David at anything like his previous level and, although he has a job delivering fast food, he can't earn what he needs to pay off his debts, and it looks as though we'll lose our house in August, when the full £320,000 balance is due.

It's not how I expected to live out my old age.

David isn't a bad person,



With son Adam, who's now the main breadwinner

but I'll always hate what he's done. He broke my heart and we've lost the trust. We may never get it back.

David says, 'I feel bad about all the people I let down, and wish I could repay my family, but that's an impossible task.

The people I love the most, who also got hurt the most, are now supporting me the most. I feel I don't deserve it.

I was deceitful, and I stole. It was like I had two sides to my personality. The bad side encouraged me to gamble, and the good side felt guilty and worthless.'

GAMBLING: A PROBLEM ON THE RISE

UK gamblers spent £5.4 billion in 2015, excluding lotteries – a rise of £112 million on the previous year.

Industry figures suggest around half a million people are currently addicted.

For help with gambling problems, visit gamcare.org.uk, or call Freephone 0808 8020 133.

Living with a gambler? For support, contact gamanon.org.uk

THE entertainment edit

Pick of the week's TV...



Who's The Boss?

Calling all reality TV fans, it's time to meet Reynolds, a national fruit and veg suppliers based in Hertfordshire, giving its staff the power to decide on who should be hired. The company needs a new distribution manager, but it is employees from marketing and sales right through to warehouse workers that get to secretly scrutinise the candidates' every move.

The Oscars

It's the biggest night of the year for the film world and every moment will be live on Sky. The 88th Academy Awards will be covered by Zoe Ball and Alex Zane, kicking off with a preview show on the glamorous red carpet. Kate Winslet is up for Best Supporting Actress in *Steve Jobs*. The actual awards start at 1.30am Monday, so best press record.



Sunday, 11.30pm,
Sky Movies Oscars



Tuesday, 10pm, Channel 4

The Best Of Bad TV: Prime Time Nightmares

A celebration of those moments when events on the small screen went wrong in the most spectacular ways imaginable. The highlights – or rather lowlights – include cock-ups from the soaps, dramas, and even 70s chef Fanny Cradock taking a winner to task over his specialist dish...



Shocking behaviour from TV chef Fanny



Thursday,
8pm,
Channel 4

Ugly House to Lovely House

A new series where George Clarke is joined by leading architects to help transform some of Britain's most unloved houses into desirable properties, starting with the 70s home of Tony and Sarah, in the Vale of Glamorgan. The couple want to create a great family home on a relatively modest budget of £60,000. They receive some bespoke and cutting-edge input from commercial and residential architect Greg Blee.

Inside Buckingham Palace

In the run-up to her 90th birthday, this documentary goes behind-the-scenes at Buckingham Palace to find out what life is like beyond its grand exterior. The programme looks back at the 60 years since the Queen's Coronation and explores what might happen to the palace when Prince Charles takes the throne. It also explores the battles between Charles and Diana and the divorces of Anne and Andrew.

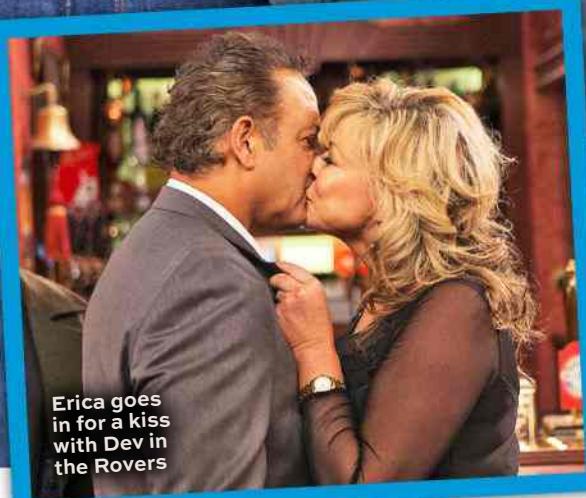


Wednesday, 9pm,
Channel 5

Friends can be lovers...



Coronation Street, Mon & Fri, 7.30pm & 8.30pm, and Wed, 7.30pm, ITV



Erica goes in for a kiss with Dev in the Rovers

Corrie star Claire King, 53, explains why Erica wants to be more than just good friends with single dad Dev...

It looks like Erica's feelings for corner shop king Dev have been changing over the past few months...

Well, Erica wasn't looking for a relationship when she first arrived in *Coronation Street*. She'd been through quite a bad experience with her ex-husband in Spain, and then she got involved with Nick and lost a baby. At first, she only saw Dev as a friend. He's got a kind heart and they have fun, but now everyone around her is hinting it would be a good thing for them to get together.

What does she get out of their friendship?

As well as a job and somewhere to live, Erica can be herself with Dev. They have a laugh, crack jokes and just enjoy each other's company. Good friendships can be a good basis for a relationship. The best relationships I've had is when we've been friends initially.

When does she realise that she fancies him?

I think the green-eyed monster really appears when Dev introduces a potential girlfriend. That's the real tipping point, it's

when Erica decides to make her move.

Is she nervous when she makes her move?

Well, she's not 25 or even 35 any more, and any woman would think there's still that slight chance things could go badly wrong! So yes, she is nervous.

They end up spending the night together.

What's the atmosphere like between them the following morning?

Dev shakes Erica's hand! So she's a bit bemused by it all. He's holding back, but only because he's not sure what Erica wants. They agree to be friends with benefits, but secretly Erica would like it to be more.

Are Corrie fans rooting for Dev and Erica?

I hope so.

Erica naturally gravitates to her friend Liz for a gossip on screen, but who in the cast do you enjoy a good natter with?

It's Beverley Callard (Liz) in real life, too! We've been friends for years. And I love Helen Worth, she's a lovely lady. I'm also close to Sue Cleaver and Patti Clare, and Debbie Rush, too.

What's it like working with Jimmi Harkishin (Dev)?

I am very lucky with my leading men and Jimmi is no exception – he is fantastic.

Why we love Vera

Brenda Blethyn, 69, says viewers adore her sharp-tongued detective because she's 'so ordinary'...

She's back as the unconventional Detective Inspector Vera Stanhope to solve her 24th case with usual dollops of caustic wit and gentle charm. Here, Brenda talks exclusively to Best about the sixth series of the popular drama...

Hi, Brenda, you look so glam – the opposite of Vera (she favours a green mac and shapeless fishing hats!).

Why, thank you. But you know, the fact Vera's so ordinary means she's no competition. Sitting at home you're not watching her thinking, 'Oh, I want those cupid lips, or her incredible dress sense.' There's a comfort to that, you're just enjoying the ride.

Can filming up in Northumberland get chilly?

Oh, it certainly can, even in summer. Fortunately for Vera, she's always got all those layers on, she's very built up, bless her – I'm the only warm person on set. Which backfires when the sun comes up...

Vera doesn't suffer fools gladly, are you the same?

I'm slower to sharpen my tongue against somebody, but I do let rip now and then! She's pretty fair. From the pilot when we first met her, she was snippy and people didn't like her much. But they liked her sidekick Joe Ashworth a lot, and he worshipped the ground Vera walked on, so via him they gradually got to like her. That happens a lot in real life, I find.

You look great – how do you keep fit?

Well, I've got a new cockapoo

puppy, called Jack, so it's 7am down the beach for walks every morning. He's five months, and a bit of a handful. I got him the day we finished filming Vera. Not a good time to get a puppy – I was on my knees after five months in Northumberland! He was delivered to me on set and I drove him back to London with me. Five hours in that car, and he didn't tiddle once.

If you could join a TV show, which would it be?

Corrie's good... but EastEnders is just up the road! My mother-in-law only lives round the corner from the studios, so that would be handy. I'd like to play someone who keeps themselves to themselves, like that barmaid, Tracey – someone who's just there and you don't know what they're up to. I wouldn't turn my nose up at EastEnders.

Vera continues on Sundays, 9pm, ITV



DCI Vera Stanhope with Sergeant Joe Ashworth (David Leon)



Five-month-old cockapoo, Jack

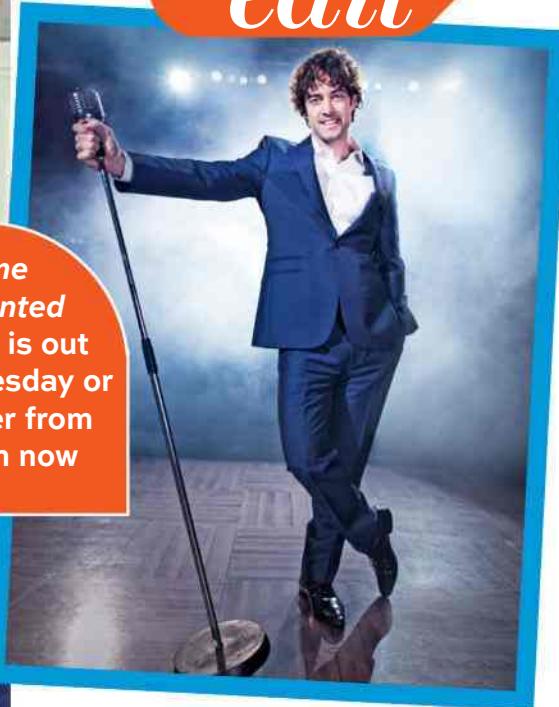
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Daddy's girl: Betsy

Some Enchanted Evening is out on Wednesday or pre-order from Amazon now

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LEE MEAD OFFICIAL



Betsy is the only lady in my life for now...

Casualty actor Lee Mead explains why he's decided to take a year off to concentrate on his great loves – singing, musicals and his daughter Betsy...

A year off from playing nurse Lofty in Casualty is a long time. What are you planning to do?

[Laughs] Yes, that's lucky, isn't it? I've been living in a rented place in Wales for two years now, and it was just time for me to find a new home for Betsy and spend some time with my daughter (Lee has been divorced from her mum Denise van Outen for three years now).

Where is the new house?

Well, I've gone home to Southend, near my mum and dad, so she can spend time with her grandparents and enjoy the things I loved as a kid – like the beach! I suppose it's kind of weird,

isn't it? I'm 35 and I've gone home!

Your family will love that, and your mum will be on-hand with five-year-old Betsy. Is she at school?

Yes, but in Kent, near her mum, but she's staying with me for half-term and I can't wait. We are off to Dubai, just the two of us. It's my first sun holiday in three years, that's ridiculous, isn't it?

Southend could be described as having a rather dilapidated charm. Why there?

It depends on the area, like always, but I have wonderful memories of being a kid and being on the beach – and the cockle

sheds. I'm lucky, my new house is in the posh part and looks out over the beach – it's wonderful.

Is Betsy the only woman in your life right now?

Yes, but that doesn't mean it wouldn't be nice to meet someone to share things with again. I've had some nice dates, but it would be nice to meet someone special soon.

As well as spending time with your daughter, you have a new album out this week, don't you?

Yes – *Some Enchanted Evening* [out on 26 Feb]. I hate to call it Hollywood glamour, but it's the songs I remember loving as a kid. *Singing in the Rain, Luck*

Be A Lady and, of course, *Some Enchanted Evening*. Our whole family would sit down after Mum's Sunday lunch to watch a movie. I remember being full to the brim and loving the music.

So is it a Mother's Day tribute album to your mum?

[Laughs] No, not at all! But I suppose the songs do bring back lovely memories of being a family and a kid.

You are going back in to Chitty Chitty Bang Bang soon aren't you?

Yes. That's another great thing about Southend, I can be in London in 40 minutes. I start in Milton Keynes on 4 May. Come and see me.

We might just do that, Lee!



'I liked being terrified!'

Kate Winslet, 40, says she relished playing a blingtastic gangster's moll in violent new heist thriller, *Triple 9*

OUT
NOW

TRIPLE 9

A crew of bent cops are being blackmailed by the Russian Mafia, via mob wife Irina Vlasov (cue Kate Winslet), to carry out a near-impossible heist. They have to set up a fake 999 – police code for 'officer down'. It's a thrilling roller-coaster ride full of double-crossing, revenge and lots of violence (severed heads, that's all we're saying). The stellar cast also includes Woody Harrelson and *Breaking Bad's* Aaron Paul.

RATING:



Hi, Kate. Your character, Irina, is quite something. We've never seen you play such a ruthless woman before...

I was excited to do something so different. It didn't feel comfortable in any way, shape or form. I had to keep telling myself, 'This is not real, Kate, it's just a story.' **Your youngest son, Bear Blaze, was just six months old when you started filming, right?** Yes, I'd basically just had a baby (who's now two years old). I have to be honest – from a purely selfish acting standpoint, I just wanted a short, sharp jolt back into reality. I wanted to be terrified. I wanted to feel out of my comfort zone and get that feeling back. *Triple 9* did all of that!

You went from feeding and changing your baby son to playing an evil gangster's wife. Was that strange?

It was one of those rare situations for me as an actor where I just couldn't identify with this woman at all. I couldn't empathise, couldn't make peace with anything she did, and certainly couldn't make peace with anything she wore! But it was really fun to play a woman who wears such awful clothes, and have that huge great big hairdo.

Irina's wardrobe is interesting! Care to talk us through it?

We spent a long time talking about her look. She had to look

like she was put together and well dressed, wearing her wealth – when actually she looked like a trashy sl** half the time. That was part of the big plan, of course, so the nails were a little too long, in a shade not really that nice, the hair too high with two inches of regrowth, and she wore red boots with red tights with a red coat. I mean, these are just not choices that I would make!

How much does a character change when you put the costume on?

I almost feel, until the costume goes on (or in some cases, comes off), that it changes everything. I don't think you can fully play that part until the look is put together – especially in the case of Irina!

What was your most memorable moment on set?

I was shooting this scene in a restaurant with Chiwetel Ejiofor, who plays a corrupt cop, quite late in the evening – we ended up finishing at 2am. As we were wrapping, an extra stood up, the very heavy chair he was sitting on fell backwards and, for some reason, the highest point at the back of the chair landed right on the knuckle of my big toe. I actually broke my toe! It's still broken – it still clicks out. My first thought was, 'S***t – it's the red boots scene tomorrow! I'm never going to get the boots on!' But I managed to pull them on, despite the broken toe...

Bulgari Goldea EDP, £37

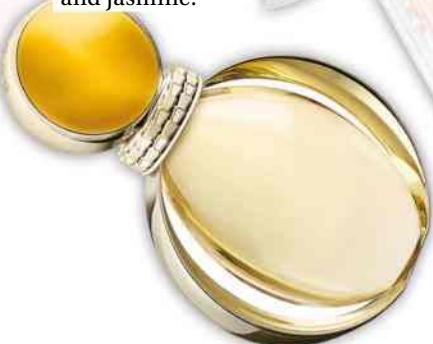
A 'floriental' boasting patchouli, orange blossom and jasmine.

My Little Chloé, £30-35 each

Three classics in miniature: the original Chloé, the fresher L'eau de Chloé, and the floral Roses de Chloé.

The Library of Fragrance Peony Cologne, £15

A simple scent to stand the test of time.



Michael Kors Coral EDP, £39
A floral with a fruity twist, thanks to orange flower and zesty grapefruit.

HEAVEN SCENT

A bouquet in a bottle can be the perfect Mother's Day gift!

GIFT SET

Lancôme La Vie Est Belle Florale EDT, £49

For mums who like their florals full-on, iris is complemented by musky wood.

**Mary Kay Forever Diamonds EDP, £26**

A heady combination of jasmine, tuberose and warming vanilla bean.

**Marc Jacobs Daisy Dream Blush Edition, £54**

Featuring light violet and crisp rose, it's another classic collector's edition from the designer.

**Clarins Eau des Jardins Collection, £33**

Treat mum to the classic bottle along with a 10ml travel spray and clutch bag (not pictured).

**Liz Earle Botanical Essence No.20 EDP, £49**

Spicy pink pepper and bergamot makes this rose scent a cut above any others.



LOSE A STONE ON THE BERRY B

Research shows that those who eat a portion of berries daily weighed less than those who skipped the juicy treat. Try it: this sweet way to slim could see you dropping up to 14lb in a month

WHY ARE BERRIES WEIGHT-LOSS MAGIC?

It seems to be related to the substances that give them their colour – particularly a type called anthocyanins, found in purple and red berries and fruits such as red grapes, blueberries, raspberries, strawberries and blackberries. Scientists don't know exactly how they trigger weight loss, it's believed they reduce the amount of fat absorbed from food or rev up our metabolism. Either way, it doesn't take a lot to get results – a large handful of berries a day is enough.

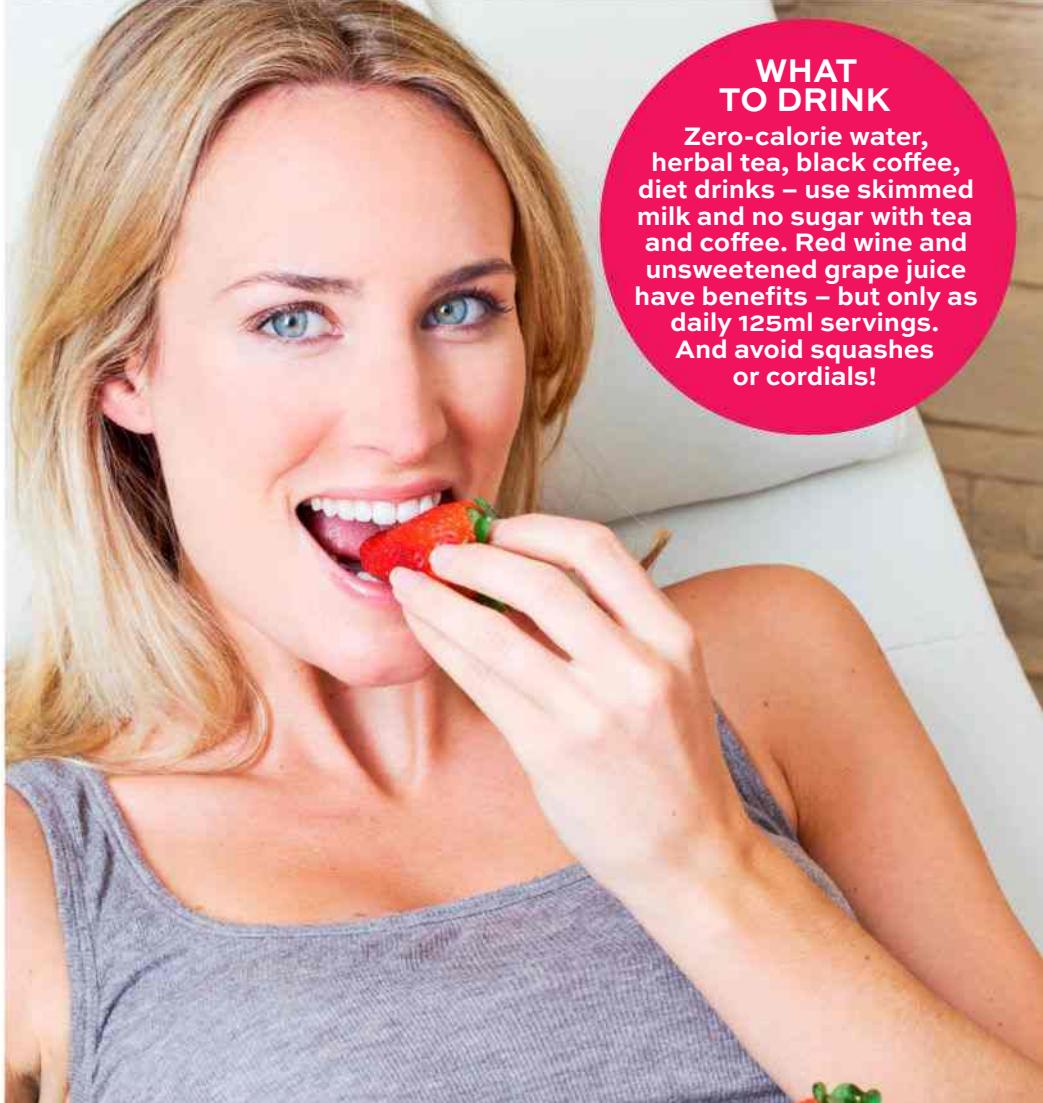
OUR PLAN

It couldn't be easier to put some berry magic into your daily diet. Just choose any two of our regular daily meals – then pick a Berry Power meal for your third choice. For an extra boost, try snacking on a handful or two of berries each day.

BERRY GOOD IDEAS

You can eat berries in some exciting ways...

- Whole blueberries, grapes and sliced strawberries work great in salads. For the best mix, use a strong or spicy base such as rocket to counteract the sweetness
- Mash them and use instead of jam on crumpets or pancakes
- Try a cold strawberry soup, or warm berry soup with cinnamon



WHAT TO DRINK

Zero-calorie water, herbal tea, black coffee, diet drinks – use skimmed milk and no sugar with tea and coffee. Red wine and unsweetened grape juice have benefits – but only as daily 125ml servings. And avoid squashes or cordials!

- Don't forget the smoothies: frozen berries make a great base. They're just as good for you as fresh ones but cost less money
- Also freeze a banana and quickly blend it together with a handful of frozen berries for a sugar-free, sorbet-like treat
- Mash berries with a little yoghurt as a sauce or dip with chicken, fish or Swedish meatballs





FOOD PLAN

BREAKFAST

Half a grapefruit. One egg boiled, scrambled or poached. 1 slice of granary toast



2 slices of bacon, grilled, served with lots of sliced tomatoes, 1 slice of granary toast topped with half a small avocado, mashed

Smoothie of 200ml skinned milk and 1 banana. 2 oatcakes spread thinly with peanut butter

BERRY POWER

150g low-fat Greek yoghurt served with 28g chopped nuts and 2 handfuls of berries



40g porridge made with water and mixed with ½tsp cinnamon and 1 handful of fresh berries

Fruit salad of 1 chopped orange, 1 chopped apple, 2 handfuls of berries. 1tbsp low-fat yoghurt

LUNCH

Half a carton of any fresh soup. Serve with a large green salad and 100g tuna

Fist-sized jacket potato topped with 2tbsp baked beans, coleslaw or vegetable chilli

Any readymade supermarket salad of less than 400 calories

Half a pot of low-fat humous with unlimited carrot sticks, cherry tomatoes and cucumber slices

BERRY POWER

Salad of rocket and cucumber with 1 handful of sliced strawberries. Top with 100g grilled chicken and lots of lemon juice



50g Brie, camembert, feta or buffalo mozzarella served with 1 handful of grapes and 4 oatcakes

Salad of watercress and celery with 1 handful of blueberries. Serve with 100g smoked salmon and lots of lemon juice

DINNER

Spaghetti bolognaise made with 75g mince, 200g tinned tomatoes, onions and mushrooms. Serve with 50g (dry weight) spaghetti

125g any white fish, pan fried with lemon juice. Serve with 150g oven chips and 100g peas

Stir-fry of 125g beef, chicken or prawns together with 100g straight-to-wok noodles, unlimited vegetables and half a sachet of any readymade stir-fry sauce

1 ready-made fish cake or bean burger served with a huge tomato and onion salad

BERRY POWER

125g grilled salmon steak served with 50g (dry weight) rice – toss in 1 handful of sliced strawberries and sprinkle with a little soy sauce

4 grilled falafel balls (or lamb meatballs/koftas) with a mixed salad of rocket, cucumber, 25g feta cheese and 1 handful of sliced red grapes



125g steak, pan-fried and served with runner beans and 150g new potatoes. 125ml glass of red wine or grape juice

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Say it

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£10

Perfect 10 (pounds)

NUMBER 1 MUM BOUQUET, £10, MORRISONS

Show her how much she means to you with this display of chrysanthemums, carnations, germini and lilies, all hand-picked and lovingly tied.



Under
£25

Simple & sophisticated

WAITROSE SCENTED HYACINTH AQUA BOUQUET, £15

Want flowers that smell as good as they look? Go for gorgeous hyacinths, roses and tulips for the look and scent of a country garden.



Over
£25

Blow the budget

VERA WANG SCENTED DELIGHT BOUQUET AT INTERFLORA, FROM £80

The ultimate designer arrangement, featuring the much-loved combination of roses and lilies. Go large or extra-large if you're looking to splash out even more!



A little something

TULIPS & CHOCOS, £6, ICELAND

From 3-6 March, you'll pay just £6 for a doubly special gift - a box of Thornton's Premium Collection Chocolates (normally £5) with a bouquet of 12 tulips (normally £4).



with flowers



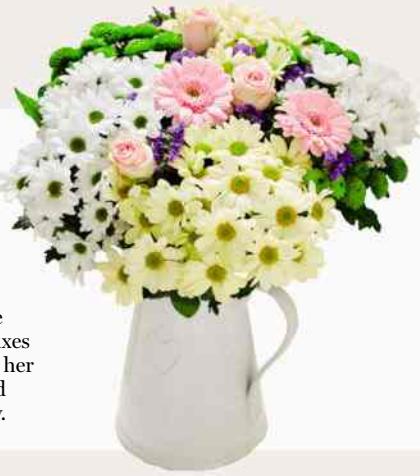
MUM'S SPRING BOUQUET, £10, THE CO-OPERATIVE

If pinks and pastel shades aren't quite her thing, you won't get better than this gorgeous seasonal alternative. Made up of eye-catching blue iris, tulips, hyacinth, sol d'or narcissi and other blooms, this colourful bunch is superb value.



MOTHER'S DAY BOUQUET, £10, ALDI

They're not called crysanthemums for nothing! Choose from three pretty crysanth mixes that'll really make her smile – and should also last brilliantly.



cated



MOTHER'S DAY TULIPS, £25, MOONPIG.COM

Bold but feminine, this is a generous mix of classic pale-pink and contrasting purple tulips, along with pretty blue limonium for added fullness. An elegant arrangement that'll make a beautiful centrepiece in Mum's house.



ROSE & LISIANTHUS BOUQUETTA, £25, M&S

This simple selection of classic roses and delicate lisianthus in complementary shades is given added impact with vibrant foliage. It's bound to be a hit, and should last well, too.



TRULY IRRESISTIBLE SIMPLY THE BEST HYDRANGEA, £30, THE CO-OPERATIVE

These huge blooms are bound to impress. The arrangement includes blue hydrangeas, avalanche roses and aralia leaves. Definitely one with the wow factor!



JULIEN MACDONALD FOR INTERFLORA BOUQUET, £50

If it's fashionable flowers you're after, this hand-tied bouquet is perfect. Designed exclusively by the king of glamour himself, it's an exquisite mix of rose and lisianthus for a stylish, modern effect.



extra

GARDEN MIX BOUQUET & MEADOW SEEDS, £15, SAINSBURY'S

Ideal for the green-fingered lady in your life, these vintage-look pink roses with pretty Matricaria come with a packet of meadow seeds which are great for growing in the garden. It's the floral gift that keeps on giving!



PINK ROSE & LILY BOUQUET, £50, CANCER RESEARCH FLOWER SHOP

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STRAIGHT CLUES

ACROSS

- 6 Did not sink (7)
- 7 Loft space (5)
- 9 The bigger part (4)
- 10 In an attractive way (10)
- 11 Hard gaze (5)
- 12 Notions (5)
- 14 Urban area (4)
- 16 Light fog (4)
- 17 Sight or hearing, e.g. (5)
- 18 Perfume (5)
- 22 Positions (10)
- 25 4,840 square yards (4)
- 26 'Go' colour (5)
- 27 Feel, dream up (7)

DOWN

- 1 Marks left by walkers (10)
- 2 Paces (5)
- 3 Perimeter (4)
- 4 Make things happen (5)
- 5 Knock out (4)
- 6 Leading edge (5)
- 8 Dogs' neck items (7)
- 13 Government by the people (10)
- 15 Inaugurating (7)
- 19 Courage (5)
- 20 Pebble, small rock (5)
- 21 Literary work (5)
- 23 Employed (4)
- 24 Neglect to include (4)

PICTURE: GETTY

CRYPTIC CLUES

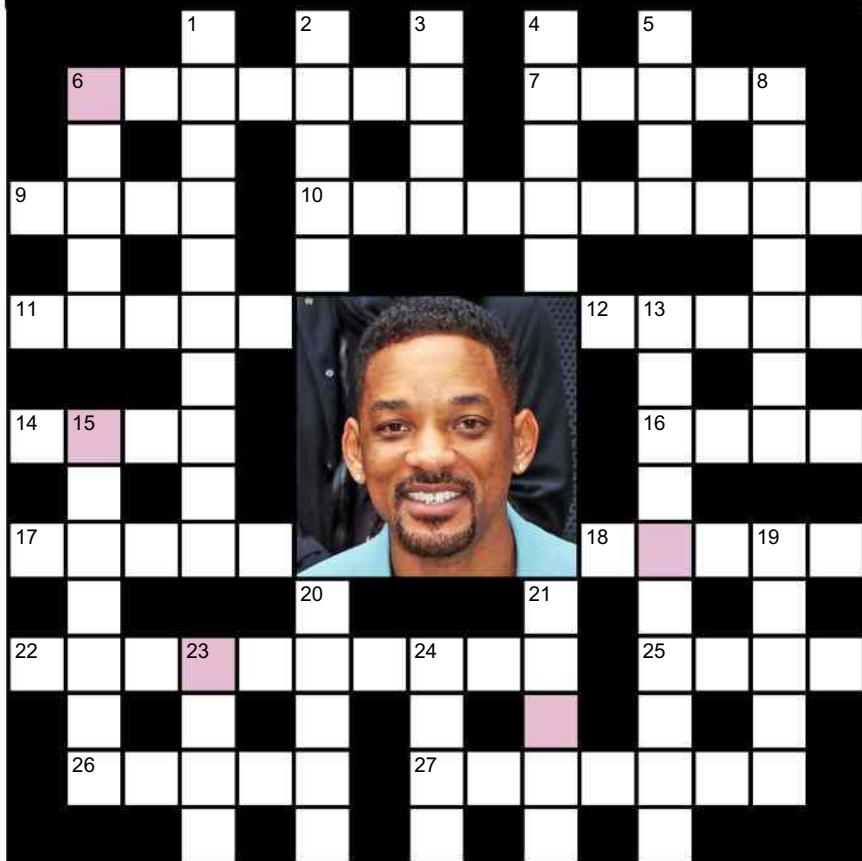
ACROSS

- 6 Sold on the SE and kept one's head above water (7)
- 7 Room for cat, it could be... (5)
- 9 ...the majority could be Tom's (4)
- 10 Any pallets destroyed in a nice way? (10)
- 11 Take a long look at rates adjustment (5)
- 12 Thoughts from inside a station (5)
- 14 Urban area won't change (4)
- 16 Reportedly failed to connect in bad visibility (4)
- 17 Instinctively feel touch, perhaps (5)
- 18 Members of the cognoscenti smell! (5)
- 22 The places to get jobs (10)
- 25 Race around a tract of ground (4)

DOWN

- 1 Inexperienced conservationist? (5)
- 27 Enigma I converted into dream (7)
- 1 Profit's not about marks of passage... (10)
- 2 ...made by wild pests (5)
- 3 A margin in the ledger (4)

**TO ENTER CALL 0900 100 0921 (UK 65ppm)[†]
/ 1550 71 022 (ROI 97cpm)[†] CODE: PUBSTN16002**



- 4 Use in support of chartered accountant. It may have an effect (5)
- 5 Render senseless with crazy climbing (4)
- 6 The cheeky appearance of a weather feature (5)
- 8 Legally takes hold of parts of garments (7)
- 13 Type of government, or possibly comedic (5)
- 15 Beginning to see a job opportunity (7)
- 19 This bottle is never broken (5)
- 20 Fourteen pounds in forged notes (5)
- 21 Composition, say, in support of two points (5)
- 23 Exploited wrongly collected dues (4)
- 24 Leave out some bathroom items (4)

ANSWERS

MEGA CROSSWORD 03/16 CREED

ACROSS

- 6 Sixties 7 Towel 9 Pear 10 Settlement 11 Flush 12 Empty 14 Bali 16 Cost 17 Range 18 Hoofs 22 Aeroplanes 25 Cane 26 Rainy 27 Example

DOWN

- 1 Expressing 2 First 3 Isn't 4 Italy 5 Swam 6 Steal 8 Lengths 13 Microscope 15 Amateur 19 Fence 20 Plays 21 Essay 23 Omit 24 Need

best PRIZE PUZZLES ENTRY COUPON ISSUE 08

Crossword ANSWER CODE: PUBSTN16002

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SIX-CUP
TEAPOT, £23.99,
KATIE ALICE FOR
CREATIVE TOPS



SANDWICH PLATTER,
£17.50, ASHLEY THOMAS
AT DEBENHAMS



TANKARD MUGS, £6.99 EACH, KATIE
ALICE FOR CREATIVE TOPS

best
dressed

Choose the right stripes



Jacket, £80
Top, £22
Jeans, £65
Shoes, £90
All from
Long Tall Sally

This hot high street trend is not only fashionable, it can be flattering, too...

A Breton-style top is a timeless classic and can update your weekend wardrobe year after year. If you want to balance out big hips, choose a slash neck style as it follows the curve of your collarbone to make your shoulders appear wider.



TOP WITH A TWIST

Fluted sleeves give a horizontal stripe a fresh look for spring and are a great way to slim your arms. Make sure it doesn't cling around your middle or pull across your chest as it will add pounds, so go up a size if you need to.

Top, £27, very.co.uk



JUST AN ILLUSION

This clever dress mixes stripes with a faux wrap skirt to create an optical illusion that makes you look slimmer. Thick jersey also helps to skim over your curves and the stylish monochrome colourway works brilliantly when teamed with pops of primary colour.

Dress, £55,
Lorraine for
JD Williams

FULL AND FEMININE

Circle skirts can be challenging, but using a mixture of large and small stripes can actually work to your advantage, as it can help to make your waist appear smaller. Stick to fitted tops that don't swamp to let the statement print do all the talking! Skirt, £79, Monsoon



WORDS: LARA NUGENT

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